|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NOTE:****Suggested Donation****$3.00****Menu subject to change.****575-253-4261** |   | 1**Closed** | Thursday January 2Sweet N Sour Pork (3oz diced pork, 2 TBSP sauce, 2 tsp sesame seeds)1/2c cooked chow mein noodles 1c broccoli and peppers and onions Vegetable egg roll 1c Pineapple chunks and mandarin oranges  | Friday January 33oz Grilled Chicken2oz LS Gravy1/2c Brown Rice1c Normandy veg 1.5c tossed salad w/ 2 TBSP Light ranch dressing1c. Mixed Fruit |
| Monday January 62 2oz Chicken Tenders1/3c Mash Potatoes1oz. LS Peppered gravy1/2c LS Three bean saladWheat roll1.5c Tossed salad w/ 2 TBSP light ranch Dressing1c Strawberries w/ 2 TBSP whipped topping | Tuesday January 73oz LEAN country style boneless Pork Ribs2 TBSP barbecue sauce 1/2c Black eyed peas1/2c LS LF broccoli salad 1/2c.Warm apple Slices 1oz Wheat roll  | Wednesday January 83oz Lean Roast Beef1oz LS gravy1/3c LS Herb Roasted Potatoes1/2c Carrots w/ 1/4c onionsWheat roll1c Grapes | Thursday January 93oz Baked Chicken thigh1/2c LS Brown Rice Pilaf w/ 1/4c mushrooms3/4c California blend Veg3/4c Tossed salad w/ 1 TBSP light Italian Dressing1oz Wheat roll1/2c spiced Peaches1 slice SF angel food cake  | Friday January 103/4c Chili with Beans(3oz Beans, 1/4c LS pinto beans)3/4c Zucchini 1oz Cornbread1.5c Tossed Salad w/ 2 TBSP light Italian dressing 3/4c Fruit cocktail  |
| Monday January 133/4c Ham and Beans(2oz LS ham, 1/2c LS pinto beans)1c Vegetable medley1oz Cornbread3/4c Mixed Berries w1/2c SF gelatin  | Tuesday January 141c. Chicken Spaghetti w/ broccoli (3oz, diced Chicken, 1oz cheese sauce, 1/2c Spaghetti, 1/4c broccoli)1c Italian Blend vegetables1oz wheat roll1/2c Apricots  | Wednesday January 153oz. LEAN LS Herbed pork loin2oz LS gravy1/2c LS Brown/Wild Rice1/2c Roasted Brussel sprouts1.5c Tossed salad w/ 2 TBSP light Italian DressingWheat roll1/2c Applesauce= | Thursday January 16GC Grilled Chicken Cheese Sandwich (3oz.Chicken breast, 2 TBSP GC, 0.5oz American cheese, 1 wheat bun)1/2c Carrot raisin salad1/2c spinach1/2c Mixed Fruit  | Friday January 17Soft Beef Taco(1 6in tortilla, 3oz beef, 1/2c lettuce and tomato, 2 TBSP salsa)1c Capri Blend vegetables1/2c LS pinto beans1/2c Fruit compote |
| Monday January 20**Closed** | Tuesday January 21Hamburger (3oz. beef patty,wheat bun)1/2c. Lettuce, 2 slices Tomato, 1 slice onion)1/2c NAS Baked French fries3/4c Broccoli spears 1c Grapes | Wednesday January 22Chicken Pot Pie (3oz diced chicken, 3/4c celery, onions, mixed vegetables, 1oz crust)1/2c Beets1.5c Tossed salad w/ 2 TBSP light Italian Dressingbanana | Thursday January 233oz LEAN LS HERBED Brisket1/2c LS Parsley Potatoes3/4c green beansWheat roll w/ 1 tsp margarine 3/4c Pineapple chunks  | Friday January 241 Chili Relleno (1 GC, 1oz breading, 1oz cheese, 2oz GC sauce)1/2c LS Spanish Rice1/2c Pinto Beans1c vegetable medley1/2c Mandarin oranges1/2c SF gelatin  |
| Monday January 273oz Meatloaf1/3c Mash Potatoes1oz LS gravy3/4c carrots 1.5c Tossed salad w/ 2 TBSP light Italian DressingWheat roll 1c Mixed Fruit | Tuesday January 28Chicken Fajita stuffed baked potato (3oz chicken, 1/2c peppers & onions, ½ potato)1.5c Tossed salad w/ 2 TBSP light Italian DressingWheat roll1c Apricots  | Wednesday January 291c Green Chili Pork Stew(3oz pork,1/2c potatoes, diced tomatoes, 1oz green chile)1/2c squash3/4c Tossed salad w/ 1 TBSP light italian DressingFlour Tortilla1c Strawberries and bananas | Thursday January 30Chicken Alfredo(3oz Chicken breast, 1oz Light alfredo sauce, 1/2c fettuccine)Garlic Knot1c Italian Blend VegetablesCaesar salad (1c Romaine lettuce, 1/2c tomatoes, 2 TBSP light Caesar Dressing1/2c peaches 1/2c SF gelatin  | Friday January 31Loaded Nachoes (2oz ground beef, 1/2c Pinto beans, 1oz tortilla chips, .5oz cheese, 1 TBSP guacamole, 1 TBSP sour cream)1c Zucchini w/ NAS diced tomatoes1/2c SF Gelatin Orange |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 787.3 | 715.9 | 710.2 | 701.2 | 702.5 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 48.7 | 49.6 | 50.7 | 50.3 |
| % Protein from Calories | 15-25% | 19.8 | 21.0 | 24.4 | 21.8 | 20.8 |
| % Fat from Calories | 25-35% | 27.0 | 30.2 | 26.0 | 27.5 | 28.9 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.0 | 10.1 | 12.8 | 12.4 | 12.0 |
| Vitamin B-12 | .8ug or more | 1.4 | 2.3 | 2.2 | 2.5 | 2.0 |
| Vitamin A | 300ug RAE or more | 463.0 | 475.6 | 553.2 | 424.5 | 722.2 |
| Vitamin C | 30mg or more | 89.5 | 44.4 | 50.5 | 83.3 | 77.0 |
| Iron | 2.6mg or more | 4.2 | 4.5 | 5.3 | 5.2 | 4.1 |
| Calcium | 400mg or more | 385.1 | 443.6 | 533.6 | 473.4 | 457.5 |
| Sodium | less than 766mg | 743.4 | 764.3 | 695.8 | 538.7 | 756.9 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, fiber and sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

 Constance Rudnicki MS, RDN, LD approved on December 12, 2024