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|  |  |  |  | FRIDAY, NOVEMBER 1  Beef & Papas  (1-8 in WW flour tortilla, 3oz ground beef, 1/3c diced potatoes, 2 TBSP GC)  2oz Green chile sauce  1/2c LS Spanish rice  1c capri vegetables  1/2c Mandarin Oranges |
| MONDAY, NOVEMBER 4  1c Chicken Noodle Soup  (3oz Chicken, 1/4c, noodles, 1/4c Celery onions carrots)  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1 Wheat roll w/ 1 tsp unsalted butter  3/4c Apricots | TUESDAY, NOVEMBER 5  CLOSED FOR ELECTION | WEDNESDAY, NOVEMBER 6  1c Tater Tot Casserole  (3oz Beef, 1/4c mixed vegetables, 6 tater tots)  1c Garden Blend Vegetables  Wheat roll w/ 1 tsp unsalted butter  3/4c Mixed Fruit | THURSDAY, NOVEMBER 7  Chicken Pot Pie  1oz Crust, 3oz Chicken, 1/4c peas and carrots)  1c California blend vegetables  3/4Tossed Salad W/ 1TBSP Light ranch Dressing  Wheat roll w/ 1 tsp unsalted butter  1/2c Warm apples | FRIDAY, NOVEMBER 8  Egg Salad Sandwich  (1/2c Egg salad=1 egg), 2 slices wheat bread, 1/2c lettuce)  1/2c LS Three bean salad  1/2c Cold beets  1c Light nonfat raspberry yogurt |
| MONDAY, NOVEMBER 11  Tortilla Burger  (3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion, 1 8in flour tortilla)  1c Chateau blend vegetables  1/2c Potato wedges  1/2c Peaches | TUESDAY, NOVEMBER 12  Pork Stir Fry  (3oz Pork, 1oz Sauce)  1c Asian Blend vegetables  1c Brown Rice  1c Pineapple chunks | WEDNESDAY, NOVEMBER 13  1c Lasagna  (1/2c pasta, 3oz beef, 2oz Sauce, .5oz cheese)  1.5c Garden Salad w/ 2 TBSP light Italian dressing  1c Italian Blend veg  Wheat roll w/ 1 tsp unsalted butter  1/2c Applesauce | THURSDAY, NOVEMBER 14  RC Bean and Cheese  Burrito  (1 8n Flour tortilla, 3/4c LS pinto beans, 1oz Cheese), 2oz RC sauce  1c Zucchini and NAS diced tomatoes  1c Tropical Fruit | FRIDAY, NOVEMBER 15  CLOSED |
| MONDAY, NOVEMBER 18  1c GC Chicken Posole  (3oz Chicken, 1/2c Posole, 2 TBSP GC)  3/4c Roasted Brussel sprouts  3/4c Tossed salad w/ 1 TBSP light ranch  6 in wheat tortilla  1c Fruit salad | TUESDAY, NOVEMBER 19  5oz Mac & Cheese W/ Ham  (1/2c macaroni, 1oz Cheese, 2oz LS Ham)  Ceasar salad  (1c romaine lettuce, 1/4c red tomato, 2 TBSP light Caesar Dressing)  Wheat roll w/ 1 tsp unsalted butter  1c Pineapples | Wednesday November 20  2 Med Scrambled Eggs  1/2c baked red potatoes w/  1/2c Peppers & Onions  1 Wheat Bread w/ 1 tsp unsalted butter  1c Strawberries and bananas  1/2c LT NF Vanilla Yogurt | THURSDAY, NOVEMBER 21  Beef Sloppy Joe  (3 oz. Beef, 1/8c Sauce, 1 Bun, 1/2c Peppers and onions)  1/2c NAS baked French Fries  1/2c Broccoli w/ 1 tsp unsalted butter  Fresh pear | FRIDAY, NOVEMBER 22  Santa Fe Chicken  (3oz chicken breast , 1/2c corn and black beans, 0.5oz cheese, 2 oz GC Sauce)  1/2c LS Spanish Rice  1/2c spinach’ 1/4c onions w/ 1 tsp unsalted butter  3/4c Cinnamon Applesauce |
| MONDAY, NOVEMBER 25  3oz Chicken Strips  3/4c LS Brown Rice Pilaf w/ 1/2c Mushrooms  1c California Blend w/ 1 tsp unsalted butter  1c Apricots | TUESDAY, NOVEMBER 26  **TURKEY DINNER**  3oz Turkey  2oz LS Gravy  1/2c Mashed Potatoes  1/4c Cornbread Stuffing  1/2c Beets  3/4c Green Beans  Wheat Roll w/ 1 tsp unsalted butter  1/16th Pumpkin Pie | WEDNESDAY, NOVEMBER 27  Chef Salad  (1c Romaine lettuce, 1oz Turkey, 1oz Chicken, 1 HB egg, 1/4c carrots, 1/4c red Cabage, 1/2c Tomatoes)  2 TBSP light Ranch Dressing  Wheat roll  1c Mixed fruit | THURSDAY, NOVEMBER 28  CLOSED  THANKSGIVING DAY!  HAPPY TURKEY DAY! | FRIDAY, NOVEMBER 29  CLOSED  THANKSGIVING (ADMIN LEAVE) |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 729.2 | 702.9 | 700.8 | 704.0 | 742.5 |
| % Carbohydrates from Calories | 45-55% | 51.0 | 49.6 | 53.6 | 52.4 | 51.8 |
| % Protein from Calories | 15-25% | 23.0 | 21.4 | 20.9 | 22.3 | 20.6 |
| % Fat from Calories | 25-35% | 26.0 | 29.0 | 25.5 | 25.4 | 27.6 |
| Saturated Fat | less than 8g | 8.0 | 7.5 | 7.8 | 7.9 | 7.5 |
| Fiber | 10g or more | 10.7 | 10.2 | 10.5 | 10.7 | 10.0 |
| Vitamin B-12 | .8ug or more | 3.5 | 1.9 | 2.4 | 1.9 | 1.8 |
| Vitamin A | 300ug RAE or more | 312.8 | 566.5 | 367.8 | 438.3 | 712.3 |
| Vitamin C | 30mg or more | 43.2 | 45.5 | 53.1 | 93.9 | 33.8 |
| Iron | 2.6mg or more | 4.8 | 4.2 | 4.5 | 4.9 | 4.0 |
| Calcium | 400mg or more | 464.3 | 499.8 | 526.1 | 527.0 | 453.4 |
| Sodium | less than 766mg | 445.9 | 760.4 | 761.9 | 739.3 | 765.5 |

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 October 21, 2024