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| **NOTE:**  **Suggested Donation**  **$3.00**  **Menu subject to change.**  **575-253-4261** |  |  |  | 1  3oz Baked Chicken thigh  1/2c LS brown rice pilaf w/ 1/2c mushrooms  3/4c Carrots  1 WW Roll  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  Orange  1/2c SF Gelatin |
| 4  3oz Roast Beef  1/2c LS Herb Roasted Potatoes  3/4c Carrots/onions  1 WW Roll w/ 1 tsp margarine  3/4c Mixed fruit | 5  1c Ham and beans  (2oz. LS Ham  1/2c LS Pinto Beans, 1/4c Sauce)  1c California blend vegetables  1oz Cornbread  1c Grapes | 6  Cheeseburger  (3oz. beef patty, 0.5oz cheese,1 bun  1/2c Lettuce, 2 slices Tomato, 1 slice onion,)  1c Vegetable medley  1oz Sun Chips  1c Strawberries/bananas | 7  3oz LS **Lean** Country style pork ribs  1c Pasta Salad  (1/2c Vegetables, 1/2c Pasta)  1/2c Brussel Sprouts w/ 1 tsp magarine  1/2c Cinnamon Apples | 8  Grilled Chicken Garden Salad  (3oz Chicken, 1c Spinach, 1/4c Carrots, 1/4c Cucumbers, 1/4c plain croutons, 1/2c Tomatoes, 2 TBSP Light Ranch Dressing  Wheat roll w/ 1 tsp margarine  1c mandarin oranges |
| 11  3oz Chicken Tenders  1/2c Mashed Potatoes  1oz LS Peppered gravy  1c mediterranean blend  Wheat roll w/ 1 tsp margarine  1/2c spiced pears | 12  3oz. LS Herbed Roasted Pork loin  1/2c lemon herb orzo  1c Island blend vegetables  1 WW Roll w/ 1tsp margarine  1c Fruit salad | 13  1c Chicken Tetrazzini  (3oz diced Chicken, 1/2c Pasta, 1/4c Mixed vegetables, mushrooms,1/4c Sauce)  1/2c Broccoli  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Wheat roll  1/2c Fruit cocktail | 14  4oz Meatloaf  1/2c LS Parsley Potatoes  2oz LS gravy  3/4c Green beans  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1 WW Roll  1/2c Fruit compote | 15  Grilled Chicken Sandwich (3oz Chicken, 1/2c lettuce,  2 slices tomato, 1 WW bun)  1/2c Carrot raisin salad  1/2c LS cold Beets  1/2c Pineapple Tidbits |
| 18  Frito Pie  (3oz beef, 1/2c LS pinto beans, 2oz RC, 1oz corn chips, 1/2c lettuce and tomato, 1/8c onion)  1c capri vegetables  1/2c applesauce | 19  3oz Breaded Porkchop  2oz LS poultry gravy  1/2c LS Brown Rice Pilaf  1c California blend veg  Wheat roll  Banana | 20  Chicken Fajita  (3oz chicken,1/2c peppers & onions, 6” flour tortilla, 2 TBSP Salsa)  1/2c LS Pinto Beans  1/2c Spanish Rice  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  Orange | 21  3oz Lean Brisket  1/2c spinach  1c Coleslaw w/ 2 TBSP dressing  Wheat roll  1c Grapes | 22  1c Green chile chicken stew  (2 TBSP GC, 3oz Chicken, 1/2c potatoes, carrots, corn, onions)  1 6in Flour Tortilla  1.5 c Tossed Salad w 2 TBSP Light Ranch Dressing  1/2c Apricots |
| 25  3oz LS Salisbury Steak  2oz LS Gravy  3/4c Brown Rice  1c chateau blend vegetables  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1 WW Roll  1/2c mandarin oranges | 26  Chicken Salad sandwich  (1/2c chicken salad (3oz diced chicken, 2 slices wheat bread, 1/2c lettuce and tomato)  1/2c LS cold beets  1/2c LS three bean salad  1c Mixed fruit | 27  3oz Turkey  1/4c poultry stuffing  1/3c mashed potatoes, 2oz LS turkey gravy  3/4c Green Beans  1oz Apple-cranberry Dump cake  Wheat roll  1/2c Fruit compote | 28  Closed for Thanksgiving | 29  Closed For Thanksgiving |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 709.6 | 703.7 | 776.1 | 734.9 | 787.2 |
| % Carbohydrates from Calories | 45-55% | 46.0 | 49.9 | 49.9 | 45.6 | 50.9 |
| % Protein from Calories | 15-25% | 21.2 | 22.3 | 20.7 | 23.0 | 21.1 |
| % Fat from Calories | 25-35% | 32.8 | 27.7 | 29.3 | 31.4 | 28.1 |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 7.5 | 7.9 | 7.9 |
| Fiber | 10g or more | 13.2 | 11.1 | 10.9 | 11.7 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.5 | 2.0 | 2.3 | 2.4 |
| Vitamin A | 300ug RAE or more | 1349.9 | 519.3 | 5432.6 | 546.5 | 388.9 |
| Vitamin C | 30mg or more | 90.0 | 61.9 | 43.4 | 46.0 | 44.5 |
| Iron | 2.6mg or more | 4.6 | 4.7 | 4.7 | 5.1 | 4.8 |
| Calcium | 400mg or more | 469.2 | 444.9 | 469.4 | 450.7 | 432.1 |
| Sodium | less than 766mg | 666.3 | 700.7 | 718.6 | 761.2 | 745.3 |

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 11, 2024