|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NOTE:****Suggested Donation****$3.00****Menu subject to change.****575-253-4261** |   |   |  | 13oz Baked Chicken thigh1/2c LS brown rice pilaf w/ 1/2c mushrooms3/4c Carrots 1 WW Roll 3/4c Tossed salad w/ 1 TBSP light Ranch DressingOrange1/2c SF Gelatin |
| 43oz Roast Beef1/2c LS Herb Roasted Potatoes3/4c Carrots/onions1 WW Roll w/ 1 tsp margarine 3/4c Mixed fruit | 51c Ham and beans(2oz. LS Ham1/2c LS Pinto Beans, 1/4c Sauce)1c California blend vegetables1oz Cornbread1c Grapes | 6Cheeseburger (3oz. beef patty, 0.5oz cheese,1 bun1/2c Lettuce, 2 slices Tomato, 1 slice onion,)1c Vegetable medley1oz Sun Chips1c Strawberries/bananas | 73oz LS **Lean** Country style pork ribs1c Pasta Salad(1/2c Vegetables, 1/2c Pasta)1/2c Brussel Sprouts w/ 1 tsp magarine 1/2c Cinnamon Apples | 8Grilled Chicken Garden Salad (3oz Chicken, 1c Spinach, 1/4c Carrots, 1/4c Cucumbers, 1/4c plain croutons, 1/2c Tomatoes, 2 TBSP Light Ranch DressingWheat roll w/ 1 tsp margarine1c mandarin oranges  |
| 113oz Chicken Tenders1/2c Mashed Potatoes1oz LS Peppered gravy1c mediterranean blend Wheat roll w/ 1 tsp margarine 1/2c spiced pears  | 123oz. LS Herbed Roasted Pork loin1/2c lemon herb orzo1c Island blend vegetables1 WW Roll w/ 1tsp margarine 1c Fruit salad | 131c Chicken Tetrazzini  (3oz diced Chicken, 1/2c Pasta, 1/4c Mixed vegetables, mushrooms,1/4c Sauce)1/2c Broccoli1.5c Tossed salad w/ 2 TBSP light ranch dressing Wheat roll1/2c Fruit cocktail  | 144oz Meatloaf1/2c LS Parsley Potatoes2oz LS gravy3/4c Green beans1.5c Tossed salad w/ 2 TBSP light Italian Dressing1 WW Roll 1/2c Fruit compote  | 15Grilled Chicken Sandwich (3oz Chicken, 1/2c lettuce, 2 slices tomato, 1 WW bun)1/2c Carrot raisin salad1/2c LS cold Beets1/2c Pineapple Tidbits  |
| 18Frito Pie (3oz beef, 1/2c LS pinto beans, 2oz RC, 1oz corn chips, 1/2c lettuce and tomato, 1/8c onion)1c capri vegetables1/2c applesauce  | 193oz Breaded Porkchop2oz LS poultry gravy1/2c LS Brown Rice Pilaf1c California blend vegWheat roll Banana | 20Chicken Fajita (3oz chicken,1/2c peppers & onions, 6” flour tortilla, 2 TBSP Salsa)1/2c LS Pinto Beans1/2c Spanish Rice1.5c Tossed Salad w/ 2 TBSP Light Ranch DressingOrange  | 213oz Lean Brisket1/2c spinach1c Coleslaw w/ 2 TBSP dressingWheat roll1c Grapes  | 221c Green chile chicken stew(2 TBSP GC, 3oz Chicken, 1/2c potatoes, carrots, corn, onions)1 6in Flour Tortilla1.5 c Tossed Salad w 2 TBSP Light Ranch Dressing1/2c Apricots  |
| 253oz LS Salisbury Steak2oz LS Gravy3/4c Brown Rice 1c chateau blend vegetables1.5c Tossed salad w/ 2 TBSP light Italian dressing1 WW Roll 1/2c mandarin oranges | 26Chicken Salad sandwich(1/2c chicken salad (3oz diced chicken, 2 slices wheat bread, 1/2c lettuce and tomato)1/2c LS cold beets1/2c LS three bean salad 1c Mixed fruit  | 273oz Turkey1/4c poultry stuffing1/3c mashed potatoes, 2oz LS turkey gravy3/4c Green Beans1oz Apple-cranberry Dump cake Wheat roll1/2c Fruit compote  | 28Closed for Thanksgiving | 29Closed For Thanksgiving |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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