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| **NOTE:**  **Suggested Donation**  **$3.00**  **Menu subject to change.**  **575-253-4261** | 1  1c. Chicken pot pie  (3oz diced chicken,3/4 c mixed vegetables, celery, onion, 1oz Crust)  1.5c. Tossed Salad w/ 2 TBSP light Italian Dressing  4 wheat crackers  Banana | 2  1c GC Pork Stew  (3oz pork, 1/2c potatoes, onions, tomatoes, 2 TBSP GC  1c Capri Vegetables  1c Tossed salad w/ 1 TBSP light Italian Dressing  1 6in flour tortilla  1c Grapes | 3  8oz Sweet & Sour Pork  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1c Brown Rice  1c Asian Veggies  1c Mandarin Oranges | 4  Tuna salad sandwich  (1/2c tuna salad w/ 3 oz tuna 2 slices ww bread)  1/2c Broccoli  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1c. mixed fruit |
| 7  Breaded Chicken Sandwich  (3oz chicken patty, 1/2c. lettuce, 2 slices tomato, 0.5oz American cheese, WW bun)  1c California blend  1c Pineapple chunks | 8  5oz LS Beef Stroganoff  (3oz Beef, 2oz Gravy)  1/2c Mushrooms  1/2c. Egg noodles  ½ c. LS Green Beans  1/2c Apricots  1/2c SF gelatin | 9  BBQ Boneless Ribs  (3oz Lean Boneless Ribs, 2 TBSP barbecue sauce)  1/2c Pinto beans  1/2c Coleslaw w/ 1 TBSP Dressing  1/2c NAS stewed Tomatoes  Wheat roll  1/2c.unsweetened Applesauce | 10  3oz Roast Beef  1/2c.Parsley Potatoes  1/2c Roasted Brussel Sprouts  .5c. Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat roll  3/4c Sliced Pears | 11  Chicken Fajita  (3oz Chicken, 1 6in Flour tortilla, 1/2c peppers and onion, 2 TBSP Salsa)  1/2c LS Spanish Rice  1c Zucchini w/ NAS diced tomatoes  Fresh Orange |
| 14  CLOSED FOR COLUMBUS DAY | 15  1 Chili Relleno  (1 Chile, 1oz Breading, 1oz Cheese)  1/4c Green chile sauce  1/2c. LS Spanish Rice  1/2c. LS Pinto Beans  1c Vegetable Medley w/ 1 tsp margarine  1/2c. Fruit cocktail | 16  Chicken Stuffed Baked potato  (1 medium baked potato, 3oz Diced chicken, 0.5oz 2% Shredded cheese)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  1c Strawberries and bananas | 17  Frito Pie  (2oz RC, 3oz Beef, 1oz Corn Chips, 1/2c Lettuce and tomato, 1/8c onions)  1/2c Pinto Beans  1c Capri Veggies  1c Tropical Fruit | 18  3oz.Chicken Breaded Strips  1/2c. LS Mashed potatoes  1oz LS peppered gravy  1/2c.spinach  1oz Cornbread  1/2c. mixed Fruit |
| 21  2oz smoked sausage  1/3c Steamed cabbage  1/2c. diced carrots  1/2c Diced potatoes  Sl. Wheat bread w/ 1 tsp margarine  1/2c Light nonfat vanilla yogurt  1/2c Berries | 22  1-1/4c Chicken Pasta Salad  (3oz LS Herbed Grilled Chicken  1c Pasta Salad  1/2c vegetables, 1/2c Pasta)  1.5c Tossed salad w/ 2 TBSP light Ranch Dresing  1c Grapes | 23  2 Tostados  (2 corn tortilla, 2oz ground beef, 1/2c LS refried beans)  1/2c Lettuce, 1/2c diced tomatoes,  1/8c diced onions  3/4c Calabacitas  1/2c. LS Spanish Rice  1/2c Spiced Pears | 24  3/4c Chicken Stir fry  (3oz Diced chicken, 1oz Sauce)  1c Stir Fry veg  1/2c Brown Rice  1/2c Mandarin oranges  1 fortune cookie | 25  3/4c Beef and Macaroni  (3oz Beef, 1/2c pasta, 1/4c diced tomatoes)  1c California blend veg  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  Wheat roll  1/2c Lemon Pudding |
| 28  Hamburger  (3oz patty, 1 WW bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c baked sweet potatoes  1/2c LS LF broccoli Salad  1 Orange | 29  3oz. Pork loin  1oz LS gravy  1/2c. Green beans  1/2c.Brussel Sprouts  Wheat Roll  1/2c. Applesauce  1/2c Butterscotch pudding | 30  Chicken Alfredo  (3oz diced chicken, 1oz Light alfredo sauce, 1/2c spaghetti noodles)  1c. Normandy Veg.  Wheat roll  1c sliced pears | 31  Pork Tamale  (1.5oz pork, 1oz masa, 1oz Red chile sauce))  1/2c LS Spanish rice  1/2c LS Pinto beans  1c Bahama blend veg  Banana  1/2c FF Chocolate pudding |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 737.0 | 704.0 | 744.9 | 700.7 | 715.0 |
| % Carbohydrates from Calories | 45-55% | 51.4 | 48.5 | 53.4 | 50.0 | 52.8 |
| % Protein from Calories | 15-25% | 18.5 | 21.6 | 20.1 | 20.9 | 20.9 |
| % Fat from Calories | 25-35% | 30.1 | 30.0 | 26.5 | 29.1 | 26.3 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 7.7 | 7.9 |
| Fiber | 10g or more | 10.1 | 10.4 | 13.0 | 10.0 | 11.7 |
| Vitamin B-12 | .8ug or more | 1.7 | 2.9 | 2.0 | 2.1 | 2.1 |
| Vitamin A | 300ug RAE or more | 588.8 | 351.7 | 521.8 | 586.4 | 320.0 |
| Vitamin C | 30mg or more | 101.0 | 53.6 | 95.0 | 51.2 | 55.3 |
| Iron | 2.6mg or more | 4.2 | 4.8 | 5.2 | 4.7 | 4.2 |
| Calcium | 400mg or more | 415.1 | 461.2 | 526.8 | 450.2 | 440.3 |
| Sodium | less than 766mg | 726.8 | 733.9 | 731.1 | 764.0 | 614.1 |

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 2, 2024