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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 Dressing4 wheat crackersBanana | 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 Dressing1 6in flour tortilla1c Grapes | 38oz Sweet & Sour Pork1c Sweet and Sour Pork(3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)1c Brown Rice1c Asian Veggies1c Mandarin Oranges | 4Tuna 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 Dressing1c. mixed fruit |
| 7Breaded Chicken Sandwich(3oz chicken patty, 1/2c. lettuce, 2 slices tomato, 0.5oz American cheese, WW bun)1c California blend 1c Pineapple chunks | 85oz LS Beef Stroganoff(3oz Beef, 2oz Gravy)1/2c Mushrooms1/2c. Egg noodles½ c. LS Green Beans1/2c Apricots1/2c SF gelatin | 9BBQ Boneless Ribs(3oz Lean Boneless Ribs, 2 TBSP barbecue sauce)1/2c Pinto beans1/2c Coleslaw w/ 1 TBSP Dressing1/2c NAS stewed TomatoesWheat roll 1/2c.unsweetened Applesauce | 103oz Roast Beef1/2c.Parsley Potatoes1/2c Roasted Brussel Sprouts.5c. Tossed Salad w/ 2 TBSP light Italian DressingWheat roll3/4c Sliced Pears | 11Chicken 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 |
| 14CLOSED FOR COLUMBUSDAY | 151 Chili Relleno(1 Chile, 1oz Breading, 1oz Cheese)1/4c Green chile sauce1/2c. LS Spanish Rice1/2c. LS Pinto Beans1c Vegetable Medley w/ 1 tsp margarine 1/2c. Fruit cocktail | 16Chicken Stuffed Baked potato(1 medium baked potato, 3oz Diced chicken, 0.5oz 2% Shredded cheese)1.5c Tossed salad w/ 2 TBSP light Italian DressingWheat roll 1c Strawberries and bananas | 17Frito Pie(2oz RC, 3oz Beef, 1oz Corn Chips, 1/2c Lettuce and tomato, 1/8c onions)1/2c Pinto Beans1c Capri Veggies1c Tropical Fruit | 183oz.Chicken Breaded Strips1/2c. LS Mashed potatoes1oz LS peppered gravy1/2c.spinach1oz Cornbread1/2c. mixed Fruit |
| 212oz smoked sausage1/3c Steamed cabbage1/2c. diced carrots1/2c Diced potatoesSl. Wheat bread w/ 1 tsp margarine1/2c Light nonfat vanilla yogurt1/2c Berries | 221-1/4c Chicken Pasta Salad(3oz LS Herbed Grilled Chicken1c Pasta Salad1/2c vegetables, 1/2c Pasta)1.5c Tossed salad w/ 2 TBSP light Ranch Dresing1c Grapes  | 232 Tostados(2 corn tortilla, 2oz ground beef, 1/2c LS refried beans)1/2c Lettuce, 1/2c diced tomatoes,1/8c diced onions3/4c Calabacitas1/2c. LS Spanish Rice1/2c Spiced Pears  | 243/4c Chicken Stir fry(3oz Diced chicken, 1oz Sauce)1c Stir Fry veg1/2c Brown Rice1/2c Mandarin oranges1 fortune cookie | 253/4c Beef and Macaroni(3oz Beef, 1/2c pasta, 1/4c diced tomatoes)1c California blend veg1.5c Tossed salad w/ 2 TBSP light Ranch DressingWheat roll1/2c Lemon Pudding |
| 28Hamburger(3oz patty, 1 WW bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c baked sweet potatoes1/2c LS LF broccoli Salad 1 Orange  | 293oz. Pork loin1oz LS gravy1/2c. Green beans1/2c.Brussel SproutsWheat Roll 1/2c. Applesauce1/2c Butterscotch pudding | 30Chicken Alfredo(3oz diced chicken, 1oz Light alfredo sauce, 1/2c spaghetti noodles)1c. Normandy Veg.Wheat roll1c sliced pears | 31Pork Tamale (1.5oz pork, 1oz masa, 1oz Red chile sauce))1/2c LS Spanish rice1/2c LS Pinto beans1c Bahama blend vegBanana1/2c 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