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| --- | --- | --- | --- | --- |
|  |  |  |  | Friday November 1  Chicken Tacos  (3oz chicken, 2 corn tortillas, 1/2c shredded lettuce, diced tomatoes, 3 TBSP salsa)  1/3c LS Spanish rice  1c Capri Vegetables w/ 2 tsp margarine  orange |
| Monday November 4  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1/2c brown Rice  1/2c Asian Blend Vegetables  1/2c Mandarin Oranges | Tuesday November 5  Botswana Day  3/4c Beef and Polenta Stew  (3oz Beef, 1/2c Polenta)  1/2c Carrots w/ 1 tsp unsalted butter  1/2c Spinach  1oz Flatbread  1/2c Mixed Fruit | Wednesday November 6  3oz Chicken Fried Chicken Breast (edible portion)  1oz LS Country Pepper Gravy  1/2c Mashed Potatoes  1/2c Beets  1.5c Tossed salad w/ 2 TBSP light Italian dressing  Wheat roll w/ 1 tsp unsalted butter  Whole Apple | Thursday November 7  3/4c LS Red Beans & 1/2c White Rice  1c LS Stewed Okra w/ Tomatoes and onions  1 oz Cornbread w/ 1 tsp unsalted butter  1c Strawberries and Bananas | Fri3oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  3/4c Roasted Brussel Sprouts  1c Coleslaw w/ 2 TBSP Light Dressing  Wheat roll w/ 1 tsp unsalted butter  12c spiced peaches |
| Monday November 11  Closed  Veteran’s Day | Tuesday November 12  Closed  for  Kitchen Cleaning | Wednesday November 13  Green Chile Cheeseburgers  (0.5oz Cheese, 2 TBSP GC, 3oz patty, 1 bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1c Pacific Blend Vegetables  1/2c Baked Sweet potatoes  1c Fruit Salad | Thursday November 14  1/2c 4-Cheese Ravioli  1/2c LS Marinara Sauce w/ 1/2c Garbanzo Beans  1c Vegetable medley  Garlic Bread  1/2c Tropical Fruit salad | Friday November 15  4oz Meatloaf  1/2c LS Mashed Potatoes  2oz LS Brown Gravy  1/2c Green beans  Wheat roll  1/2c Pineapple chunks |
| Monday November 18  3/4c Chicken w/ Rice Casserole  (3oz chicken, 1/2c Rice, 0.5oz cheese)  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  1c Winter blend vegetables  1/2c pears | Tuesday November 19  6oz Beef Red Chile Enchiladas  (2oz Beef, 1oz cheese, 2 corn tortilla, 2oz RC sauce, 1/2c lettuce and tomato)  1/2c LS pinto beans  1/2c LS Spanish rice  1c Zucchini and NAS diced tomatoes  1/2c fruit cocktail | Wednesday November 20  Chicken, Cranberry, and Pecan Salad  (1c romaine lettuce, 3oz diced Chicken, 2 TBSP cranberries, 1/4c unsalted chopped pecans, 1/2c tomato)  2 TBSP Lite Raspberry Vinaigrette  1 Whole Wheat Roll w/ 1 tsp unsalted butter  1c Cantaloupe | Thursday November 21  Holiday Meal  3oz LS Turkey Slices  2oz LS Brown Gravy  1/4c Stuffing  `1/2c LS Mashed Potatoes  1/2c Green Beans w/1/4c Almond Slivers  Wheat roll  1/16th piece of pumpkin pie | Friday November 22  8oz RC Pork Posole  (3oz Pork, 1/2c Posole, 2oz Red Chile)  1c Chateau blend veg.  1 6in flour tortilla  3/4c Tossed Salad w/ 1 TBSP light Ranch Dressing  1/2c Apricots |
| Monday November 25  3oz Chicken Fried Steak  w/ 1oz Country Gravy  1/2c LS Mashed potatoes  1c Vegetable medley  Wheat roll w/ 1 tsp unsalted butter  1/2c Fruit cocktail | Tuesday November 26  1c Pork, Squash Green Chile Stew  (3oz pork, 1/2c Squash, 1oz GC)  1.5c Tossed salad w/ 2 TBSP light Ranch dressing  Wheat roll  1/2c Spiced pears | Wednesday November 27  Frito Pie  (1oz Corn chips, 3oz Beef, 2oz RC sauce, 1/2c Lettuce and tomato, `1/8c onion)  1/2c Pinto Beans  1c Capri Vegetables  1/2c Mandari oranges | Thursday November 28  Closed  Thanksgiving Day | Friday November 29  Centers Closed  Thanksgiving Holiday |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 700.5 | 700.1 | 700.8 | 729.8 | 711.0 |
| % Carbohydrates from Calories | 45-55% | 46.8 | 49.9 | 54.6 | 45.3 | 47.1 |
| % Protein from Calories | 15-25% | 24.4 | 19.6 | 19.8 | 22.3 | 21.4 |
| % Fat from Calories | 25-35% | 28.9 | 30.5 | 25.6 | 32.4 | 31.5 |
| Saturated Fat | less than 8g | 7.0 | 7.8 | 7.8 | 8.0 | 7.9 |
| Fiber | 10g or more | 12.8 | 10.5 | 11.9 | 11.2 | 12.2 |
| Vitamin B-12 | .8ug or more | 1.4 | 1.9 | 2.6 | 1.7 | 2.4 |
| Vitamin A | 300ug RAE or more | 502.5 | 589.4 | 399.7 | 537.3 | 410.6 |
| Vitamin C | 30mg or more | 95.5 | 70.1 | 48.1 | 37.2 | 49.6 |
| Iron | 2.6mg or more | 3.9 | 4.9 | 5.7 | 4.1 | 4.8 |
| Calcium | 400mg or more | 505.0 | 474.5 | 485.5 | 504.2 | 468.1 |
| Sodium | less than 766mg | 569.8 | 696.6 | 592.3 | 738.2 | 710.2 |

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 185-25% of calories from Protein.

Constance Rudnicki MS, RDNl, LD approved on October 8, 2024