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| **March 2024 Los Alamos Retired & Senior 195A, Week 1**  **April 2024 Jal Senior Center 212A, Week 3**  **November 2023 Taos Senior Center 146A, Week 2**  **November 2023 Hilago Medical 141A, Week 3**  **November 2023 Hilago Medical 141A, Week** |  |  |  | **Friday 1**  **1% Milk**  3oz Catfish  1 TBSP Tartar Sauce  3/4c Mustard Greens  3/4c LS Stewed Okra with tomatoes  Wheat Roll w/ 1 tsp margarine  1c Fruit salad |
| **Monday 4**  **1% milk**  3oz roasted chicken drumsticks  1/2c Brown Rice  1c California blend vegetables  Spinach salad  (1/2c Spinach, 1 tsp cranberries, 1/8c red onion, 1/4c Slivered almonds)  1 TBSP Lite raspberry vinaigrette  3/4c Mixed Fruit | **Tuesday 5**  **1% milk**  3.5oz Salisbury Steak  2oz LS Brown Gravy w/ 1/2c Mushrooms  1/2c Noodles  3/4c broccoli Spears  WW Roll  1/2c Apple Crisp | **Wednesday 6**  **1% milk**  3oz Chicken Fried Steak  1/3c Creamed Potatoes  1oz LS Peppered Gravy  3/4c Green Beans  1/2c Garden salad w/ 1 TBSP Light Italian Dressing  ½ slice Lemon Pound cake w 1/2c Spiced Peaches | **Thursday 7**  **1% milk**  2oz Kielbasa  1/2c red Cabbage  1/2c Peppers and onions  1/2c Penne pasta  1/2c Light Vanilla Nonfat yogurt  1c Pineapple Tidbits  1 sl. LF cornbread | **Friday 8**  **1% milk**  8oz LS Taco Soup  (2.5oz beef,1/2c LS Kidney Beans and hominy, 1/4c tomatoes, onions, 1oz Corn chips)  1c Chateau blend vegetables w/ 1 tsp unsalted butter  3/4c Oranges wedges w/ cinnamon |
| **Monday 11**  **Closed** | **Tuesday 12**  **2% Milk**  1c Pork Posole  3oz diced pork, 1/2c hominy, 1oz Red Chile  1/2c Cabbage, 1/4c Onions  6inch flour tortilla w/ 1tsp margarine  Orange | **Wednesday 13**  **2% Milk**  Soft Chicken Taco  2 oz diced chicken, 2 corn tortillas, 1 oz shredded cheese  1/2c LS pinto beans  1/2c calabacitas  1/2c Lettuce and tomato  1 oz salsa  1/2c Spiced Pears w/ 1/4c LF Granola (no raisins) | **Thursday 14**  **2% Milk**  Chicken Pot Pie  3 oz chicken, 2 oz veggies, 1 oz sauce, 1oz Crust  1c Tossed Salad w/ 2 TBSP FF Ranch  4 LS WW Crackers  3/4c Sliced Apples | **Friday 15**  **2% Milk**  Chili Dog  1oz turkey frank, 3 oz meat Chile, 1 WW hot dog bun  1/2c NAS French Fries  1/2c carrots  1c Cantaloupe |
| **Monday 18**  **1% Milk**  4 oz orange chicken  1/2c steamed brown rice  1c oriental vegetables  1 Fortune Cookie  1/2c Pineapple Chunks | **Tuesday 19**  **1% Milk**  Pork chop  3 oz pork chop w/ 1oz LS Gravy  1/2c Lemon Herb Orzo  1/2c broccoli spears  1/2c Roasted Zucchini  1 ww roll  1/2c applesauce | **Wednesday 20**  **1% Milk**  Turkey Dinner  3 oz turkey, 1/2c LS mashed potatoes 2oz LS gravy  1/2c green beans w/ 1/4c Slivered almonds  1/4c corn bread stuffing  1 ww roll w/ 1 tsp margarine  1/4c cranberry sauce  1 slice pumpkin pie 1 TBSP whipped topping | **Thursday 21**  **1% Milk**  Frito Pie  1oz Corn Chips, 3oz ground beef 2oz red chili  1/4c onion, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c Beet and Red Onion salad  Oatmeal cookie | **Friday 22**  **1% Milk**  Chicken Sandwich  (3 oz chicken Breast,  1 oz Cheese,1 hamburger bun, 1/2c Lettuce, 1 tomato slice)1c California blend vegetables w/ 1 tsp margarine  1oz Sun chips  1 fresh pear |
| **Monday 25**  **1% Milk**  Spaghetti w/ meat sauce  3 oz meat, 3/4c WW pasta, 2 oz NAS Marinara sauce  1c Italian Blend Vegetables  1/2c Tossed Salad w/ 1 TBSP FF Ranch Dressing  1 Wheat roll w/ 1 tsp margarine  3/4c Fruit Cocktail | **Tuesday 26**  **1% Milk**  Tuna salad Sandwich  (3 oz tuna, 1/2c lettuce, 2 tomato slice  2 slice ww bread)  1/2c Asparagus w/ 1 tsp unsalted butter and lemon  1/2c Roasted Cauliflower  1/2c Apricots | **Wednesday 27**  **1% Milk**  Pepperoni Pizza  1oz Pizza Crust.  7 slices Pepperoni, 1 oz cheese, 1 oz sauce. 1/4c Peppers and Onions  1/2c yellow squash  1/2c Spinach w/ 1/4c Mushrooms  1 HB Egg  1/2c Greek Nonfat Vanilla Yogurt w/ 1/2c Spiced Peaches  4 LS WW Crackers | **Thursday 28**  **Closed** | **Friday 29**  **Closed** |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 702.3 | 843.2 | 702.9 | 778.4 | 718.7 |
| % Carbohydrates from Calories | 45-55% | 47.9 | 52.3 | 47.8 | 46.2 | 48.5 |
| % Protein from Calories | 15-25% | 18.1 | 20.6 | 22.5 | 22.9 | 22.2 |
| % Fat from Calories | 25-35% | 34.1 | 27.0 | 29.7 | 31.9 | 29.3 |
| Saturated Fat | less than 8g | 6.5 | 7.8 | 8.0 | 7.8 | 7.8 |
| Fiber | 10g or more | 11.7 | 10.0 | 11.8 | 10.4 | 11.3 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.5 | 2.7 | 2.1 | 3.2 |
| Vitamin A | 300ug RAE or more | 872.7 | 321.5 | 603.9 | 388.9 | 606.6 |
| Vitamin C | 30mg or more | 60.8 | 84.2 | 61.2 | 35.0 | 50.3 |
| Iron | 2.6mg or more | 4.5 | 4.8 | 4.1 | 4.4 | 6.1 |
| Calcium | 400mg or more | 612.2 | 711.6 | 482.2 | 500.9 | 577.5 |
| Sodium | less than 766mg | 679.0 | 763.2 | 697.4 | 649.2 | 756.3 |

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.

Approved on Constance Rudnicki MS, RDN, LD October 1, 2024