Guidelines for using approved menus

When using approved menus from the Non-Metro AAA website, you must follow the below guidelines.

You must use the entire week without any changes, if you make any changes, the menus must be send to [constancer@ncnmedd.com](mailto:constancer@ncnmedd.com) for approval. This includes the type of milk being served.

Please put type of milk being served on your menu.

Can pick and choose from different menus to create your menu, milk also has to match

I would recommend that you attach the nutrition analysis in case a senior or family member has a question about the menu.

Make sure that the milks are the same as well

Number of days in the week must match from the approved menu that you are using:

Example #1  
For example

2% milk used in this example  
Week 1 has 4 days   
Week 2 has 5 days  
Week 3 has 5 days  
Week 4 has 5 days  
Week 5 has 1 day

The approved menu that meets the above criteria is October 36A.

Example #2 1% milk used in this example

Week 1 has 1 day

Week 2 has 5 days

Week 3 has 3 days  
Week 4 has 5 days  
Week 5 has 2 days

The Approved Menus that meet this meal pattern are the following:

Week 1 has 1 day-approved menu 14a

Week 2 has 5 days -approved menu14a  
Week 3 has 3 days-approved menu 52a  
Week 4 has 5 days-approved menu 57a  
Week 5 has 2 days-approved menu 52a