**CHAVES COUNTY J.O.Y CENTERS, INCORPORATED**

 **MENU MARCH, 2022**

**1822 N. MONTANA, ROSWELL, NM 88201 TELEPHONE: 575-623-4866**

**503 E. ARGYLE, HAGERMAN, NM 88232 TELEPHONE: 575-752-3236**

**126 WILLARD ST, 9 MILES SOUTH OF ROSWELL Suggested Donation $2.00 for Senior Citizens TELEPHONE: 575-622-8933**

**700 OKLAHOMA, LAKE ARTHUR, NM 88253 All Others Must Pay $8.30 TELEPHONE: 575-365-2045**

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| **MONDAY, MARCH 7, 2022****3oz Country Fried Steak****½ c Mashed Potatoes w/ ¼ c Gravy****1 c Corn/Green Beans****1 ea. WW Roll/ 1 Tbsp.Margarine****¾ c Pears** | **TUESDAY, MARCH 8, 2022****3oz Lemon Pepper Chicken****½ c Parsley Potatoes****½ c Spinach****½ c Tossed Salad/ 1 Tbsp. Dressing****1 ea. WW Roll/ 1 tbsp. Margarine****¾ c Peaches/Strawberries** | **WEDNESDAY, MARCH 9, 2022****¾ c Red Chili( 3ozBeef) Enchilada** **½ c Pinto Beans****½ c Lettuce/Tomatoes****6 ea. Crackers****½ c Mandarin Oranges** | **THURSDAY, MARCH 10, 2022****Hot (3oz Turkey) 1 sl WW Bread Sandwich****½ c Mashed Potatoes w/ ¼ c Gravy****1 c California Blend Vegetables****½ c Cherry Jell-O w/ ½ c Banana’s** | **FRIDAY, MARCH 11, 2022****3oz Ham & 1Sl Cheese, 2 Sl WW Bread Sandwich****½ c Baked Beans****½ c Lettuce/Tomatoes****1 Tbsp. Mayonnaise** **½ c Apricots** |
| **MONDAY, MARCH 14, 2022****1 c( 3ozChicken) Pot Pie****( ½ c Mix Vege, ¼ c Potatoes, ¼ c Celery, ¼ c Onion)****1 ea. Biscuit/ 1 Tbsp. Margarine****½ c Corn****¾ c Applesauce** | **TUESDAY, MARCH 15, 2022****3oz Pork Chops Italiano****(¼ c Gr Pepper & Onion,) ( ¼ c Mushroom, tomatoes)****½ c Noodles****1 c Assorted Blend Vegetables****1 ea. WW Roll/ 1 Tbsp. Margarine****¾ c Apricots** | **WEDNESDAY, MARCH 16, 2022****3 oz Chicken, ¾ c Fajita blend Vege****½ c Pinto Beans****½ c Tossed Salad/ 1 Tbsp. Dressing****1-6’’ Tortilla** **½ c Rice Pudding** | **THURSDAY, MARCH 17, 2022****St Patrick’s Day****3oz Corn Beef****½ c Cabbage, 1 med Red Potatoes****½ c Carrots****¾ c Sliced Apples** | **FRIDAY, MARCH 18, 2022****3oz Tuna Salad, 2 sl WW bread Sandwich****½ c Lettuce/Tomatoes****½ c Coleslaw****¾ c Tropical Fruit****1 ea. Peanut Butter Cookie** |
| **MONDAY, MARCH 21, 2022****1c (3oz Beef)Goulash****1 c Green Beans & Onions****1 ea. Roll/ 1 Tbsp. Margarine****¾ c Fruit Compote** | **TUESDAY, MARCH 22, 2022****3 oz Baked Chicken w/ ¼ c Gravy****½ c Parsley Potatoes****1 c Peas****1 ea. WW Roll/ 1 Tbsp. Margarine****2x2 pc. Black Forest Cake** | **WEDNESDAY, MARCH 23, 2022****¼ c sauce (3oz Beef) & ¼ c Potato 1- 8’’ tortilla Burrito****½ c Pinto Beans****½ c Tossed Salad/ 1 tbsp. Dressing****½ c Strawberries** | **THURSDAY, MARCH 24, 2022****3 oz Baked Ham****½ c Sweet Potatoes****½ c Broccoli****½ c Tossed Salad w/ 1 Tbsp. Dressing****1 ea. WW Roll/ 1 Tbsp. Margarine****¾ c Plums** | **FRIDAY, MARCH 25, 2022****3 oz Chicken Salad, 2 Sl WW Bread, Sandwich****½ c Lettuce/Tomatoes****½ c Carrot Raisin Salad****¾ c Mandarin Orange & Strawberries** |
|  **MONDAY, MARCH 28, 2022****3 oz Pork Cutlet****½ c Mashed Potato w/ ¼ c Gravy****1 c Chuck Wagon Corn****1 ea. WW Roll/1 Tbsp. Margarine****¾ c Fruit Cocktail** | **TUESDAY, MARCH 29, 2022****3oz Beef Stroganoff****(¼ c Onion, ¼ c Bell Peppers)****½ c Noodles****¾ c Carrots****1 ea. WW Roll/ 1 Tbsp. Margarine****¾ c Mandarin Oranges** | **WEDNESDAY, MARCH 30, 2022****3oz pork, 1oz masa, Tamales****½ c Pinto Beans****½ c Tossed Salad w/ 1 Tbsp. Dressing****1 ea. Oatmeal Cookie****3oz Vanilla Pudding** | **THURSDAY, MARCH 31, 2022****3 oz Meat Loaf****½ c Mashed Potato w/ ¼ c Gravy****1 c Green Beans/Corn****1 ea. WW Roll/1Tbsp.Margarine****½ c Peaches** | **FRIDAY, APRIL 1 , 2022****¼ c Green Chile, 1 Sl Cheese, 3oz Burger, 1 WW Bun****½ c Lettuce/tomatoes/ ½ c Onion/Pickles****12 ea. Sweet Potato Fries****1 Tbsp. Mayonnaise/ 1 Tbsp. Mustard****½ c Applesauce** |

**2% MILK SERVED WITH ALL MEALS**

***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: 5** | **Days in Week: 5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week: 5** |
| Calories | 700 | 741.7 | 736.4 | 752.0 | 711 | n/a |
| % Carbohydrates from Calories | 45-55% | 49.9 | 51.4 | 47.7 | 51.4 |  |
| % Protein from Calories | 15-25% | 24.3 | 22.5 | 24.0 | 21.9 |  |
| % Fat from Calories | 25-35% | 25.6 | 25.9 | 28.1 | 25.5 |  |
| Saturated Fat | less than 8g | 7.63 | 7.0 | 7.7 | 7.0 |  |
| Fiber | 10g | 14.8 | 13.2 | 13.2 | 11.7 |  |
| Vitamin B-12 | .8ug | 2.2 | 2.3 | 2.5 | 2.8 |  |
| Vitamin A | 300ug RAE | 553.9 | 535.6 | 573.3 | 667.9 |  |
| Vitamin C | 30mg | 75.7 | 83.2 | 91.6 | 48.8 |  |
| Iron | 2.6mg | 6.6 | 5.0 | 6.3 | 5.2 |  |
| Calcium | 400mg | 554.4 | 459.3 | 448.5 | 455.1 |  |
| Sodium | less than 766mg | 666.5 | 740.9 | 678.5 | 729.8 |  |

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