

**SENIOR NUTRITION PROGRAM  
LUNCH MEAL PATTERN**

Program Lincoln County

Month October 2015

Week One

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL PATTERN				Liver & Onions (3 oz. Liver, 2 oz. Onions)	Chicken Noodles 3oz Chicken 1 oz. Sauce
VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)				4 oz Green Beans w/ Almonds (A & C) 4 oz. Beets (A & C)	4 oz. Carrots (A) 4 oz. Brussel Sprouts (A)
FRUIT (1 serving)				4 oz. Mandarin Oranges ( C )	4 oz. Strawberries & Peaches ( C )
BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables				4 oz. Wild Rice 1 oz. WW Rolll	4 oz. Noodles 1 oz. Cornbread
LOWFAT MILK ½ pint (1 cup) = one serving				8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat				2t Margarine	1-2 tsp. Dressing 1-2 tsp. Margarine

MENU PLANNER

Beckie L. Sanchez

PROGRAM TITLE

Lincoln County

EVALUTED BY

Jennifer Pas RD, LD

PSA

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Week Two

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT OR ALTERNATE</b> 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week	4 oz. Baked Ham	3 oz. Cheese	Chicken Fried Steak (3 oz. Chicken)	Green Chile Chicken Enchiladas (2 oz. Chicken, 1 oz Cheese, 1 Corn Tortilla)	Meatloaf 3 oz Beef
<b>VEGETABLES</b> Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)	4 oz. Fried Okra 4 oz. Tossed Salad (A & C)	4 oz. Mixed Vegetables (no starchy vegetables) (A/C) 4 oz. Asparagus (A)	4 oz. Green Beans (A & C) 4 oz. Carrots (A)	4 oz. Calabacitas (no starchy vegetables) (A & C) 4 oz. Salad (A & C)	4 oz. Beets (A&C) 4 oz. Turnip Greens (A)
<b>FRUIT</b> (1 serving)	4 oz. Pineapple ( C ) 2 x 2 Square Wht Cake	4 oz. Peaches ( C ) w/2 oz. Cottage Cheese	4 oz. Apricots (A & C)	4 oz. Mandarin Oranges ( C ) 1 oz. Choc. Chip Cookie	4 oz. Plums (A & C)
<b>BREADS OR ALTERNATES</b> 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	4 oz. Northern Beans 1 oz. Cornbread	1 oz. Biscuit 4 oz Macaroni in Entree	4 oz. Mashed Potatoes w/ Gravy 1 oz. WW Roll	4 oz. Pinto Beans 1-6" Corn Tortilla in Entrée	4 oz AuGratin Potatoes 1 WW Roll
<b>LOWFAT MILK</b> ½ pint (1 cup) = one serving	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz 2% Lowfat Milk	8 oz 2% Low Fat Milk	8 oz. 2% Low Fat Milk
<b>FAT</b> (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	1-2 tsp. Dressing 1-2 tsp Margarine	1-2 tsp Margarine	1-2 tsp. Gravy 1-2 tsp Margarine	1-2 tsp. Salsa 1-2 tsp. Margarine	1-2 tsp Margarine

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Week Three

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT OR ALTERNATE</b> 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week	Closed	Chicken Cutlet (3 oz. Chicken)	Chile Relleno (2 oz. Meat in sauce, 1 oz. Cheese)	Fish Sandwich 3 oz. Fish Patty	Hamburger Stroganoff (3 oz. Beef, 1 oz. Gravy)
<b>VEGETABLES</b> Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)		4 oz. Green Beans (A/C) 4 oz. Garden Salad (A/C)	4 oz. Stewed Squash (A/C) 4 oz. Tossed Salad (A/C)	4 oz. Glazed Carrots (A) 4 oz. Creamy Coleslaw (A & C)	4 oz. Brussel Sprouts (A) 4 oz. Cauliflower w/Cheese Sauce (A)
<b>FRUIT</b> (1 serving)		4 oz. Mixed Fruit (A & C)	4 oz. Spiced Peaches (C)	4 oz. Plums (A & C) in Cobbler	1 med Pears (C)
<b>BREADS OR ALTERNATES</b> 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables		4 oz. Sweet Potatoes 1 WW Roll	4 oz. Pinto Beans 6 Crackers	4 oz. Lima Beans 1 Whole Bun	4 oz. Noodles in Entrée 1 Biscuit
<b>LOWFAT MILK</b> ½ pint (1 cup) = one serving		8 oz. 2 % Low Fat Milk	8 oz. 2 % Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2 % Low Fat Milk
<b>FAT</b> (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat		1-2 tsp. Margarine 1-2 tsp. Dressing	1-2 tsp. Dressing 1-2 tsp. Salsa	1-2 tsp. Tarter Sauce 1-2 tsp. Margarine	1 oz. Gravy 1 oz. Cheese Sauce 1-2 tsp. Margarine

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 Week Four

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT OR ALTERNATE</b> 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week	Spaghetti & Meat Sauce (3 oz. Beef in Sauce)	Red Chile Cheese Enchilada (3 oz. Cheese)	Sauage 3 oz Sauage 1 oz Tomato Gravy	3 oz. Beef in Stew	Baked Chicken 3 oz. Chicken
<b>VEGETABLES</b> Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)	4 oz. Buttered Green Beans (A & C) 4 oz Green Salad (A & C)	4 oz. Squash (A) 4 oz. Tossed Salad (A & C)	4 oz Carrots (A) 4 oz Garden Salad (A/C)	4 oz. Beets (A & C) 4 oz. Tossed Salad (A & C)	4 oz. Green Beans (A/C) 4 oz. Tossed Salad (A/C)
<b>FRUIT</b> (1 serving)	4 oz. Pears ( C ) in 2 oz. Jell-O	4 oz. Peaches ( C ) with 2 oz. Cottage Cheese	4 oz Pineapple ( C ) 1 oz. PB Cookie	4 oz. Tropical Fruit (A & C)	4 oz. Fruit Cocktail (A/C )
<b>BREADS OR ALTERNATES</b> 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	4 oz. Pasta 1 oz. Garlic Bread	4 oz. Pinto Beans 1-6" Corn Tortilla	4 oz Wild Rice 1 oz Cheesy Garlic Bread	2 oz. Potatoes & 2 oz. Starchy Mixed Vegetables (in Entree) 1 oz. Cornbread	4 oz. Corn 1 oz. Biscuit
<b>LOWFAT MILK</b> ½ pint (1 cup) = one serving	8 oz. 2% Low Fat Milk	8 oz. 2 % Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk
<b>FAT</b> (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	2t Dressing 2t Margarine 2t Topping	1-2 tsp. Dressing 1-2 tsp. Salsa	2 Tbl Tomato Gravy in Entrée 1-2 tsp Margarine 1-2 Dressing	1-2 tsp. Gravy 1-2 tsp. Margarine	1-2 tsp Margarine 1-2 tsp. Dressing

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Week Five

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT OR ALTERNATE</b> 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week	3 oz. Baked Cod	Chicken Stripes 3 oz Chicken	Stuffed Bell Pepper (3 oz. Beef, 1 oz. Sauce)	3 oz. Oven Fried Chicken	Fidelos Con Carne (3 oz. Beef, 2 oz. Sauce)
<b>VEGETABLES</b> Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)	4 oz. Asparagus (A) 4 oz. Buttered Cabbage (A & C)	4 oz Glazed Carrots (A) 4 oz Green Beans (A/C)	4 oz. Mixed Vegetables (no starchy vegetables) (A/C) 4 oz. Broccoli (A)	4 oz. Spinach 4 oz. Cauliflower	4 oz. Mixed Vegetables (no starchy vegetables) (A/C) 4 oz. Calabacitas (no starchy vegetables) (A & C)
<b>FRUIT</b> (1 serving)	4 oz. Apricots (A/C)	4 oz Mandarin Oranges ( C )	4 oz. Pears (C)	4 oz. Peaches ( C )w/2 x 2 Square Spice Cake	4 oz. Orange / Pineapple Mix ( C )
<b>BREADS OR ALTERNATES</b> 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	4 oz. Wild Rice 1 oz. WW Roll	4 oz Mashed Potatoes with Gravy 1 oz Biscuit	4 oz. Rice 1 oz. Biscuit	4 oz. Sweet Potatoe Wedge 1 WW Roll	4 oz. Noodles 1-6" Flour Tortilla
<b>LOWFAT MILK</b> ½ pint (1 cup) = one serving	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2 Low Fat Milk
<b>FAT</b> (Butter, salad dressings, gravies, sauces, etc.) 1- 2 teaspoons fat	1-2 t Tarter Sauce 1-2 t Margarine	2 t Margarine 2 Tbl Gravy	1-2 t Gravy 1-2 t Margarine	1-2 t Margarine	1-2 tsp. Sauce in Entree 1-2 tsp. Dressing

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