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| Menus subject to change without notice  8oz 2% MILK  SERVED  DAILY | **Rio Arriba seniors program is purchasing fresh fruits & vegetable from our local farmers and utilizing them in the menus** | WEDNESDAY 1, 2023  Tuna Sandwich  (4 oz. Tuna Salad, 2 Sl. Wheat Bread, 1/2c lettuce, 2 slices tomato)  1oz Sun chips  1/2c Peas & Carrots  1/2c Beets  1 orange | THURSDAY 2, 2023  Pork Green Chile Stew  (3 oz. Pork, 1/8c Green Chile,  1/4c Carrots, 1/4c Potato)  1c Tossed Salad w/  2T FF Ranch Dressing  1 sl. LF Corn Bread  Banana  1/3c Sweet Rice | FRIDAY 3, 2023  Chicken Soft Taco  (3 oz. Chicken, 1 oz. Cheese,  2 Corn Tortilla, 1/2c Lettuce and tomato, 2 TBSP Salsa)  3/4c Broccoli  1/2c Zucchini  1c Pineapple Tidbits and Strawberries |
| MONDAY 6, 2023  Cheeseburger  (3 oz Beef, .5oz. Cheese, 1 Bun  1/2c lettuce, 2 slices tomato, 1 slice Onion)  1/2c NAS Baked French Fries  1/2c Carrots  1/2c Peaches | TUESDAY 7, 2023  3 oz. Baked Pork Chop  1oz Green Chile Sauce  1/2c LS Rice Pilaf  1c Broccoli Normandy  1 Wheat Roll w/ 1 tsp margarine  1/2c Pears | WEDNESDAY 8, 2023  Smothered Bean Burrito  (3/4c LS Pinto Beans, .5oz. Cheese,  1 8 inch Flour Tortilla, 2oz Red Chile Sauce)  1/2c LS Spanish Rice  3/4c Spinach  1/2c SF Gelatin | THURSDAY 9, 2023  3 oz. Baked Chicken  1/4c mushrooms, 2oz LS Gravy  1/2c Brown Rice  1/2c Brussel Sprouts  1c Salad w/  2T FF Italian Dressing  1/2c Apricots | FRIDAY 10, 2020  CLOSED |
| MONDAY 13, 2023  1/2c Spaghetti  5 oz. Meat Sauce  (3oz Meat, 2oz NAS Marinara Sauce)  1/2c Italian Blend Vegetables  1c Tossed Salad w/  2T FF Ranch Dressing  1 Wheat roll  1/2c Plums | TUESDAY 14, 2023  1c LS Chicken Noodle Soup  (3 oz. Chicken, 1/8c Broth, 1/2c Noodles)  1c Green Beans w/ NAS Tomatoes  4 LS WW Crackers  1/2c Mandarin Oranges  In 1/2c SF Gelatin | WEDNESDAY 15, 2023  G.C Chicken Enchiladas  (3 oz. Chicken, 1 oz. Cheese,  1/8c Green Chile,  2 Corn Tortillas)  1/2c LS Pinto Beans  1/2c Lettuce & Tomato  1/2c Yellow Squash  1/2c Warm Sliced Apples | THURSDAY 16, 2023  3 oz. Turkey Dinner  1/3c LS Fresh Mashed Potato  1oz LS Gravy  1/3c Yams  1/2c Broccoli Spears w/ 1 tsp margarine  1c Tossed Salad w/  2T FF Italian Dressing  1 Wheat Roll w/1 tsp. Margarine  1/4c Cranberry Sauce  1/3c Pumpkin Mousse w/ 2 TBSP FF Whipped Topping | FRIDAY 17, 2023  1c LS Southwestern Lentil and Brown Rice Bake  (1/2c Lentil, 1/4c Brown Rice, ¼ Vegetables)  3/4c Cauliflower  1/3c Cucumber Salad  1 sl. Jalapenos Cornbread  1 Fresh Pear  1/2c Vanilla Nonfat Yogurt |
| MONDAY 20, 2023  Beef Stew  (3 oz. Beef, 1 oz. Sauce,  1/4c Potatoes, 1/4c Carrots)  1/2c Steamed Cabbage  1 LF Cornbread  1c Berries w/ 2 TBSP FF whipped topping | TUESDAY 21, 2023  Adovada  (3 oz. pork, 2oz Red Chile)  1 baked potato w/ 1 tsp chives, 1 tsp chives  1/2c Calabacitas  1 6 in WW Tortillas  1/2c Spiced Peaches | WEDNESDAY 22, 2023  Breakfast Veggie Burrito  (2 med Eggs, .5oz, Cheese 1/4c Bell Peppers, 1/4c Red Onion, 1/4c Tomatoes, 1/4c Fresh Spinach 1/2c Hashbrowns, 1 8 in WW Tortilla)  5.5oz LS V-8 Juice  1c Fruit Salad  1/2c nonfat vanilla yogurt | THURSDAY 23, 2023  CLOSED | FRIDAY 24, 2023  CLOSED |
| MONDAY 27, 2023  Smothered Tamales  (3 oz. Pork, 1/4 C Red Chile, 1/2c Masa)  1/2c LS Spanish Rice  3/4c Spinach  1/2c Tomato and Onion Salad  1/2c Peaches in SF Cobbler | TUESDAY 28, 2023  4 oz. Mama's Meatloaf  1/2c LS Mashed Potatoes  2oz LS Gravy  1c Vegetable Medley  1 WW Roll w/ 1 tsp margarine  1/2c Fruit Cocktail | WEDNESDAY 29, 2023  3 oz. Ground Pork (96% lean( & 1/2c red Cabbage w/  1/4c Green Chile, 1/4c red onions  1/2c Corn  1 6 in flour Tortillas  1/2c Cherry Crisp | THURSDAY 23, 2023  3 oz. Chopped Steak  1/2c Herb Roasted Potatoes  1c Riveria blend vegetables (green and yellow beans baby carrots)  6 LS WW Crackers  1/2c Mandarin Oranges |  |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 708.4 | 725.9 | 702.6 | 744.5 | 708.3 |
| % Carbohydrates from Calories | 45-55% | 49.8 | 51.1 | 52.0 | 52.1 | 50.1 |
| % Protein from Calories | 15-25% | 23.0 | 23.5 | 22.7 | 22.9 | 20.7 |
| % Fat from Calories | 25-35% | 27.2 | 25.5 | 25.3 | 25.0 | 29.2 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 8.0 | 7.8 | 7.9 |
| Fiber | 10g or more | 12.3 | 11.5 | 12.2 | 10.2 | 11.0 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.2 | 2.3 | 2.8 | 2.5 |
| Vitamin A | 300ug RAE or more | 608.5 | 739.2 | 530.1 | 531.0 | 409.1 |
| Vitamin C | 30mg or more | 87.3 | 41.9 | 47.6 | 62.0 | 31.7 |
| Iron | 2.6mg or more | 4.6 | 5.5 | 4.4 | 4.5 | 5.9 |
| Calcium | 400mg or more | 567.3 | 532.5 | 555.2 | 557.2 | 455.8 |
| Sodium | less than 766mg | 750.1 | 700.3 | 667.7 | 699.7 | 637.5 |

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