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| Menus subject to change without notice 8oz 2% MILKSERVED DAILY | **Rio Arriba seniors program is purchasing fresh fruits & vegetable from our local farmers and utilizing them in the menus** | WEDNESDAY 1, 2023Tuna 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, 2023Pork Green Chile Stew (3 oz. Pork, 1/8c Green Chile, 1/4c Carrots, 1/4c Potato)1c Tossed Salad w/ 2T FF Ranch Dressing1 sl. LF Corn BreadBanana1/3c Sweet Rice | FRIDAY 3, 2023Chicken 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, 2023Cheeseburger (3 oz Beef, .5oz. Cheese, 1 Bun1/2c lettuce, 2 slices tomato, 1 slice Onion)1/2c NAS Baked French Fries1/2c Carrots 1/2c Peaches | TUESDAY 7, 20233 oz. Baked Pork Chop1oz Green Chile Sauce1/2c LS Rice Pilaf 1c Broccoli Normandy 1 Wheat Roll w/ 1 tsp margarine1/2c Pears | WEDNESDAY 8, 2023Smothered Bean Burrito (3/4c LS Pinto Beans, .5oz. Cheese, 1 8 inch Flour Tortilla, 2oz Red Chile Sauce)1/2c LS Spanish Rice3/4c Spinach 1/2c SF Gelatin  | THURSDAY 9, 20233 oz. Baked Chicken1/4c mushrooms, 2oz LS Gravy1/2c Brown Rice 1/2c Brussel Sprouts 1c Salad w/ 2T FF Italian Dressing 1/2c Apricots | FRIDAY 10, 2020CLOSED  |
| MONDAY 13, 20231/2c Spaghetti 5 oz. Meat Sauce(3oz Meat, 2oz NAS Marinara Sauce)1/2c Italian Blend Vegetables 1c Tossed Salad w/ 2T FF Ranch Dressing1 Wheat roll 1/2c Plums | TUESDAY 14, 20231c 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, 2023G.C Chicken Enchiladas (3 oz. Chicken, 1 oz. Cheese, 1/8c Green Chile, 2 Corn Tortillas)1/2c LS Pinto Beans1/2c Lettuce & Tomato1/2c Yellow Squash 1/2c Warm Sliced Apples  | THURSDAY 16, 20233 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 Dressing1 Wheat Roll w/1 tsp. Margarine1/4c Cranberry Sauce1/3c 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 Salad1 sl. Jalapenos Cornbread1 Fresh Pear 1/2c Vanilla Nonfat Yogurt |
| MONDAY 20, 2023Beef Stew (3 oz. Beef, 1 oz. Sauce, 1/4c Potatoes, 1/4c Carrots)1/2c Steamed Cabbage 1 LF Cornbread1c Berries w/ 2 TBSP FF whipped topping | TUESDAY 21, 2023Adovada(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, 2023Breakfast 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 Juice1c Fruit Salad 1/2c nonfat vanilla yogurt  | THURSDAY 23, 2023CLOSED  | FRIDAY 24, 2023CLOSED  |
| MONDAY 27, 2023Smothered Tamales (3 oz. Pork, 1/4 C Red Chile, 1/2c Masa)1/2c LS Spanish Rice3/4c Spinach1/2c Tomato and Onion Salad 1/2c Peaches in SF Cobbler  | TUESDAY 28, 20234 oz. Mama's Meatloaf1/2c LS Mashed Potatoes 2oz LS Gravy 1c Vegetable Medley1 WW Roll w/ 1 tsp margarine1/2c 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, 20233 oz. Chopped Steak 1/2c Herb Roasted Potatoes1c Riveria blend vegetables (green and yellow beans baby carrots)6 LS WW Crackers1/2c 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