Rio Arriba County Senior Program, March 2024

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| **2% milk served at meals** |  | **WEDNESDAY** | **THURSDAY** | **FRIDAY 1, 2024**  3oz LS Baked Fish (1 tsp Mrs. Dash  1 TBSP Tartar Sauce  1/2c Brown Rice w/ 1/4c mushrooms and 1 tsp unsalted butter  1/2c Brussel Sprouts w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF ranch dressing  4 LS WW Crackers 3/4c Fruit Salad |
| **MONDAY 4, 2024**  1c LS Chicken Noodle Soup  (3 oz. Chicken, 1 oz. Broth,1/4c Carrots, celery, onions, 1/4c Noodles)  1c Green Beans w/ NAS diced Tomatoes  6-LS WW Crackers  1/2c Applesauce | **TUESDAY 5, 2024**  4 oz. Mamas Meat Loaf  1/2c Fresh LS Mashed Potatoes  2 oz. Low Sodium Gravy  1/2c Carrots  1 Wheat Roll 1 tsp. Margarine  1c Tropical fruit salad | **WEDNESDAY 6, 2024**  3 oz. Baked Pork Chop/ 1 oz. G. Chile  1/2c Orzo with lemon and herbs  1c Broccoli Normandy w/ Cauliflower  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Fruit Cocktail | **THURSDAY 7, 2024**    3oz LS Lemon Pepper Chicken  1/2c Parsley Potatoes  1/2c LS Creamed spinach  Wheat roll  1c Peaches and Strawberries  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1/2c Plums | **FRIDAY 8, 2024**  Smothered Bean Burrito  (1/2c LS Pinto Beans, 1 oz. Cheese, 1 8 in Tortilla,  2 oz. Red Chile)  1/2c LS Spanish Rice  1c Spinach & Mushrooms  1/2c Apricots  1/2c Light Vanilla Nonfat Yogurt |
| **MONDAY 11, 2024**  Chicken/Swiss cheese sandwich  (3oz Chicken Breast 1/2c lettuces, 2 slices tomato, tomatoes, wheat bread, 1oz Swiss Cheese)  1c Pasta Salad  (1/2c Vegetables, 1/2c Pasta)  1/2c NAS Stewed Tomatoes w/ 1oz GC  1/2c SF Gelatin | **TUESDAY 12, 2024**    Scalloped potatoes w/ Ham  (2oz LS Ham, 1/2c LS Scalloped potatoes)  3/4c LS Three Bean  Salad (1/4c Red beans)  1 sl. LF Cornbread w/ 1 tsp. Margarine  1/2c Mandarin Oranges | **WEDNESDAY 13, 2024**  Chicken taco  (3 oz. Chicken, .5oz Cheese, 1 6 in Flour Tortilla, 2 TBSP Salsa, 1/2c Lettuce and tomato)  1c Capri Vegetables  1/2c Pineapple Tidbits | **THURSDAY 14, 2024**  Cheeseburger  (3 oz. Beef, .5oz. Cheese, 1 Bun, 1/2c Lettuce, 1 slice tomato, 1 slice onion)  1c Broccoli and Cauliflower  1/2c Baked NAS French Fries  1/2c SF Gelatin | **FRIDAY 15, 24**  1.5 c Lentil Soup  (3/4c Lentils, 1/2c tomatoes & Spinach)  1c Tossed Salad w/ 2 TBSP ranch dressing  Wheat roll w/ 1 tsp margarine  1/2c Applesauce |
| **MONDAY 18, 2024**  4 oz. BBQ Chicken  (3oz Chicken breast, 1oz BBQ Sauce)  1/2c LS Brown Rice Pilaf  1c Oriental Vegetables  1/2 sl. Strawberry Cake w/ 1 /2c Strawberries | **TUESDAY 19, 2024**  1c Pork Red Chile Stew  (3 oz. Pork, 1/4c Potato,  1/4c Carrots, 1 oz. Red Chile)  1c Chateau Blend Vegetables  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Fruit Cocktail | **WEDNESDAY 20, 2024**  Frito Pie  (3 oz. Beef, 2 oz. Red Chile, 1/2c LS Pinto Beans,  1 oz. Corn Chips  1/2c Lettuce, Tomato & 1/4c Onion)  1c Zucchini w/ NAS Diced Tomatoes  1/2c Apricots | **THURSDAY 21, 2024**  Arroz con Pollo  (3 oz. Chicken, 1 oz. Sauce, 1/2c Rice)  1c Tossed Salad w/ 2T FF Italian dressing  4 LS WW Crackers  1/2c Apples in 1/4c Cobbler | **FRIDAY 22, 2024**  Trotta de Huevo  (2 med Eggs, .5oz. Cheese,  2 oz. Red Chile)  3/4c LS Pinto Beans  1/2c Spinach with 1/2c onions and mushrooms  1 sl. LF Cornbread  Fresh Pear |
| **MONDAY 25, 2024**  1/2c Spaghetti w/ 5oz Meat Sauce  (3oz meat, 2oz NAS marinara Sauce)  1c Tossed Salad w/  2T FF Ranch Dressing  1c Italian blend  1 Wheat Roll w/ 1 tsp margarine  1/2c Pineapple Tidbits | **TUESDAY 26, 2024**  1c LS Vegetable Beef Stew  (3 oz. Beef, 1/2c carrots/celery/potatoes/peas)  1 oz. broth)  1c Tossed Salad w/ 2T FF Italian dressing  1 Wheat Roll w/ 1 tsp margarine  1/2c Spiced Peaches | **WEDNESDAY 27, 2024**  GR. Chile Cheese Enchiladas  (1oz. Cheese, 1oz. Green Chile,  2 Corn Tortillas, 2oz GC Sauce, 1/2c Black beans)  1/2c LS Spanish Rice  1c Tossed Salad w/ 2 TBSP FF ranch dressing  1/2c Plums | **THURSDAY 28, 2024**  Tuna Salad Sandwich  (1/2c Tuna Salad, 2 sl. Wheat Bread, 1/2c Lettuce, 1 sliced tomato)  1/2c Brussel Sprouts w/ 1 tsp unsalted butter  1/2c Carrots  1c grapes | FRIDAY 31, 2023  **Holy Friday**  **Closed** |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 717.3 | 707.7 | 721.9 | 704.1 | 709.3 |
| % Carbohydrates from Calories | 45-55% | 53.9 | 51.3 | 50.4 | 48.0 | 54.2 |
| % Protein from Calories | 15-25% | 21.1 | 21.7 | 24.5 | 22.3 | 20.1 |
| % Fat from Calories | 25-35% | 25.0 | 27.0 | 25.1 | 29.7 | 25.6 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.8 | 12.1 | 11.5 | 12.9 | 12.4 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.0 | 2.2 | 2.0 | 3.1 |
| Vitamin A | 300ug RAE or more | 714.4 | 746.6 | 488.6 | 502.3 | 986.9 |
| Vitamin C | 30mg or more | 86.3 | 44.5 | 39.8 | 32.1 | 58.8 |
| Iron | 2.6mg or more | 5.1 | 5.6 | 6.1 | 4.7 | 58.8 |
| Calcium | 400mg or more | 402.2 | 568.9 | 518.0 | 479.8 | 497.4 |
| Sodium | less than 766mg | 641.2 | 651.3 | 754.2 | 684.1 | 764.1 |

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 approved on February 13, 2024