

SENIOR NUTRITION PROGRAM

LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Jan-14
 Week 1 Days 1-3

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--------|---------|---------------|---|---|
| <u>MAIN ENTRÉE</u> | | | CLOSED | Chicken Patty | Sopa De Albondigas |
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | | | | 3 oz. Chicken Patty | 3 oz. Ground Beef |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | | | | 4 oz. Green Beans 4 oz. Carrots | 2 oz. Diced Tomatoes (A & C) 2 oz. Carrots (A) 2 oz. Onion (C) 2 oz. Red Chile (A) |
| FRUIT (1 serving) | | | | 4 oz. Applesauce (A & C) | 4 oz. Pears (C) |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | | | | 1 oz. Garlic Toast 4 oz. Mashed Potatoes | 1 oz. Wheat Roll 2 oz. Rice 2 oz. Potatoes |
| LOWFAT MILK ½ pint (1 cup) = one serving | | | | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% |
| DESSERT ½ pint (optional if fruit served) | | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | | | | 2 oz. Brown Gravy | 1 tsp. Butter |

MENU PLANNER

Pedro L. Armendariz

PROGRAM TITLE

Inventory Tech.

EVALUTED BY

Jennifer Gilmore RD, LD

PSA

**SENIOR NUTRITION PROGRAM
LUNCH MEAL PATTERN**

Program Rio Arriba County
 Month Jan-14
 Week 2 Days 6-10

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|-----------------------------------|---|--|--|
| <u>MAIN ENTRÉE</u> | Smothered Tamales | Sloppy Joe's | Chicken Posole | Pork G. Chile Stew | Menudo |
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | Tamale (2 oz. Pork, 1 oz. Cheese) | 3 oz. Ground Beef | 3 oz. Chicken, Boneless | 3 oz. Dice Pork | 3 oz. Beef Tripe |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | 2 oz. Red Chile (A) 6 oz. Spinach (A) | 2 oz. Onions 6 oz. Carrots | 2 oz. Green Chile (C) 6 oz. Zucchini (A & C) | 4 oz. Zucchini . Onion, Tomatoes (A & C) 4 oz. Green Chile (C) | 2 oz. Red Chile (A) 6 oz. Spinach (A) |
| FRUIT (1 serving) | 4 oz. Peaches (C) | 4 oz. Plums (A & C) | 4 oz. Mandarin Oranges (C) | 4 oz. Fruit Cocktail (A & C) | 4 oz. Applesauce (A & C) |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | 4 oz. Rice 4 oz. Masa | 1 Whole Bun 4 oz. Potato Salad | 3-2 Packs Crackers 4 oz. Posole | 1 oz. Wheat Roll 4 oz. Potatoes | 1-6" Flour Tortilla 4 oz. Posole |
| LOWFAT MILK ½ pint (1 cup) = one serving | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% |
| DESSERT ½ pint (optional if fruit served) | | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Margarine |

MENU PLANNER
EVALUTED BY

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Jennifer Gilmore RD, LD

PROGRAM TITLE
PSA

Inventory Tech.

**SENIOR NUTRITION PROGRAM
LUNCH MEAL PATTERN**

Program Rio Arriba County
 Month Jan-14
 Week 3 Days 13-17

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|---|
| <u>MAIN ENTRÉE</u> | Chicken Noodle Soup | Beef Green Chile Stew | Chicken Soft Taco | Baked Pork Chop | Frito Pies |
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | 3 oz. Chicken | 3 oz. Ground Beef | 2 oz. Chicken 1 oz. Mozzarella Cheese | 3 oz. Pork Chop | 2 oz. Ground Beef 1 oz. Cheese |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | 6 oz. Green Beans and Tomatoes (A & C) 1 oz. Carrots (A) 1/2 oz. Celery (A & C) 1/2 oz. Onion (C) | 1 oz. Diced Tomatoes (A & C) 1 oz. Celery (A & C) 1 oz. Green Peppers (C) 1 oz. Onion (C) 4 oz. Green Beans (A & C) | 4 oz. Carrots (A) 1 oz. Bell Pepper (A) 1 oz. Jalapeno (A & C) 1 oz. Onion (C) 1 oz. Non-starchy Vegetable Garnish | 6 oz. Normandy Blend Vegetables (A & C) 2 oz. Green Chile (C) | 2 oz. Lettuce (C) 2 oz. Tomato (A & C) 2 oz. Onion (C) 2 oz. Red Chile (A) |
| FRUIT (1 serving) | 4 oz. Mandarin Oranges (C) | 4 oz. Peaches (C) | 4 oz. Pineapple Tidbits (C) | 4 oz. Pears (C) | 4 oz. Plums (A & C) |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | 6 Crackers 4 oz. Noodles | 1 oz. Biscuit 4 oz. Potatoes | 1-6" Flour Tortilla 4 oz. Corn | 1 oz. Wheat Roll 4 oz. Rice | 1 oz. Fritos 4 oz. Pinto Beans |
| LOWFAT MILK ½ pint (1 cup) = one serving | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% |
| DESSERT ½ pint (optional if fruit served) | | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter |

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SENIOR NUTRITION PROGRAM

LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Jan-14
 Week 4 Days 20-24

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------|---|---|--|--|
| <u>MAIN ENTRÉE</u> | CLOSED | Beef Fritters | G. C. Chicken Enchiladas | Creamy Potato & Ham Casserole | Chili & Beans |
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | | 3 oz. Beef Patty (Salisbury Steak) | 3 oz. Chicken | 3 oz. Dice Ham | 3 oz. Ground Beef |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | | 4 oz. Broccoli (A) 4 oz. Carrots (A) | 4 oz. Mixed Vegetables (A & C) 2 oz. Non-starchy Vegetable Garnish 1/2 oz. Celery (A & C) 1/2 oz. Onion (C) 1/2 oz. Bell Pepper (A) 1/2 oz. Tomatoes (A & C) | 2 oz. Carrots, Green Peppers (A) 6 oz. Tossed Salad (A & C) | 2 oz. Chili (C) 6 oz. Spinach (A) |
| FRUIT (1 serving) | | 4 oz. Fruit Cocktail (A & C) | 4 oz. Mandarin Oranges (C) | 4 oz. Peaches (C) | 4 oz. Pears (C) |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | | 1 oz. Wheat Roll 4 oz. Potatoes | 4 oz. Pinto Beans 1-6" tortilla | 2 x 2 sq. Cornbread 4 oz. Potatoes, Peas | 1-6" Tortilla 4 oz. Pinto Beans |
| LOWFAT MILK ½ pint (1 cup) = one serving | | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% |
| DESSERT ½ pint (optional if fruit served) | | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Margarine | 1 tsp. Margarine |

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SENIOR NUTRITION PROGRAM

LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Jan-14
 Week 5 Days 27-31

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|---|
| <u>MAIN ENTRÉE</u> | Lentils | Breakfast Burrito | Curry Chicken | Spaghetti | Red Chile Beef Enchilada |
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | 4 oz. Lentils 2 oz. Cheese | 1 oz. Eggs 1 oz. Cheese 1 oz. Ham | 3 oz. Chicken | 3 oz. Ground Beef | 3 oz. Beef |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | 1/2 oz. Onions (C) 1/2 oz. Celery (A & C) 3 oz. Tomatoes (A & C) 4 oz. Beets (A & C) | 1 oz. Bell Peppers (A) 1 oz. Onions (C) 6oz. Non-starchy Vegetables | 4 oz. Mixed Vegetables (A & C) 2 oz. Onions (C) 2 oz. Celery (A & C) | 4 oz. Brussel Sprouts (A) 4 oz. Carrots (A) | 2 oz. Red Chile (A) 6 oz. Tossed Salad (A & C) |
| FRUIT (1 serving) | 4 oz. Apricots (A & C) | 4 oz. Applesauce (A & C) | 4 oz. Strawberries (C) | 4 oz. Pears (C) | 4 oz. Plums (A & C) |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | 1-6" Tortilla 4 oz. Starchy Vegetables | 2 oz Potatoes 1-12" Tortilla | 4 oz. Corn 1 oz. Wheat Roll | 1 oz. Garlic Toast 4 oz. Pasta | 4 oz. Spanish Rice 1-6" tortilla |
| LOWFAT MILK ½ pint (1 cup) = one serving | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% | 8 oz. Low Fat Milk 2% |
| DESSERT ½ pint (optional if fruit served) | | | Cake | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter | 1 tsp. Butter | Salad Dressing |

MENU PLANNER
EVALUTED BY

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PROGRAM TITLE
PSA

Inventory Tech.

Breakfast Meal Pattern

Program Name: Rio Arriba Senior Programs

Month: January

Week: 5

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------|--|------------------|-----------------|---------------|
| Meat or Alternate 2 ounces cooked | | 1 oz. Egg 1 oz. Cheese | | | |
| Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate | | 2 oz. Ham 2 oz. Onion Bell Peppers | | | |
| Bread or Alternate 1 1/2 Servings includes starchy vegetables | | 3 oz. Potatoes 1-12' Tortilla | | | |
| Milk 1 Serving | | 8 oz. Low Fat Milk 2% | | | |
| Fats 1 teaspoon | | Butter | | | |