

LUNCH MEAL PATTERN

Program	Rio Arriba County
Month	Oct-13
Week	Days 1-4

STANDARD MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE 3 oz. Cooked meat or equivalent alternate		3 oz. Beef Liver	3 oz. Chicken	3 oz. Diced Pork	3 oz. Franks
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 Two servings of non-starchy vegetables		2 oz. Onion (C) 6 oz. Zucchini (A)	4 oz. Green Beans (A & C) 4 oz. Carrots (A)	4 oz. Cabbage (A & C) 2 oz. Green Chile (C) 2 oz. Onion (C)	4 oz. Coleslaw (A & C) 2 oz. Red Chile (C) 2 oz. Carrots (A)
FRUIT One (1 serving)		4 oz. Pineapple Tidbits (C)	4 oz. Apricots (A & C)	4 oz. Pears (C)	4 oz. Plums (A & C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)		6" Tortilla 4 oz. Pinto Beans	4 oz. Rice 1 oz. Biscuits	1 oz. Wheat Roll 4 oz. Corn	1 Whole Hot Dog Bun 2 oz. Peas
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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%
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat		1 tsp Margarine	1 tsp Margarine	1 tsp Margarine	1 tsp Margarine

MENU PLANNER

Pedro L. Armendariz

PROGRAM TITLE

Inventory Tech.

EVALUTED BY

Jennifer Gilmore RD, LD

PSA

LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Oct-13
 Week Days 7-11

STANDARD MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE 3 oz. Cooked meat or equivalent alternate	3 oz. Tuna	3 oz. Ground Beef	3 oz. Chicken	3 oz. Diced Pork	2 oz. Ground Beef 1 oz. Mozzarella Cheese
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 Two servings of non-starchy vegetables	4 oz. Cucumbers (A) 4 oz. Beets (A & C)	4 oz. Tossed Salad (A & C) 4 oz. Spinach (A)	4 oz. Mashed Cauliflower (A) 4 oz. Carrots (A)	1 oz. Diced Tomatoes (A & C) 1 oz. Celery (A & C) 1 oz. Green Peppers (A & C) 1 oz. Onion (C) 4 oz. Green Beans (A & C)	4 oz. Beets (A,C) 4 oz. Mixed Vegetables (A,C)
FRUIT One (1 serving)	1- 4 oz. Fresh Orange (C)	4 oz. Applesauce (A & C)	4 oz. Fruit Cocktail (A & C)	4 oz. Mandarin Oranges (C)	4 oz. Peaches (C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	2 sl. Sliced Bread	1 oz. Wheat Roll 4 oz Mashed Potatoes	4 oz. Peas, Potatoes 1 oz. Batter Crust	1 oz. Wheat Roll 4 oz. Potatoes	2x2 sq. Corn Bread 4 oz. (Crust Mashed Potatoes)
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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%
FAT (Butter, salad dressings, gravies, sauces, etc.) 1- 2 teaspoons fat	1 tsp Margarine	Ranch Dressing, Brown Gravy, Butter	1 tsp Margarine	1 tsp Margarine	1 tsp Margarine

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LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Oct-13
 Week Days 14-18

STANDARD MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE 3 oz. Cooked meat or equivalent alternate		3 oz. Beef Patty (Salisbury Steak)	2 oz. Chicken 1 oz. Mozzarella Cheese	3 oz. Pork Chop	3 oz. Beef Tripe
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 Two servings of non-starchy vegetables		4 oz. Green Beans (A & C) 4 oz. Carrots (A)	6 oz. Brussel Sprouts (A) 1 oz. Bell Pepper (A) 1 oz. Jalapeno (A & C) 1 oz. Onion (C)	4 oz. Broccoli (A) 4 oz. Cauliflower (A)	2 oz. Red Chile (C) 6 oz. Spinach (A)
FRUIT One (1 serving)		4 oz. Mandarin Oranges (C)	4 oz. Pineapple Tidbits (C)	4 oz. Fruit Cocktail (A & C)	4 oz. Pears (C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)		1 oz. Wheat Roll 4 oz. Mashed Potatoes	1 Flour Tortilla 4 oz. Corn	1 oz. Wheat Roll 4 oz. Rice	6" Flour Tortilla 4 oz. Posole
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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%
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat		2 oz. Brown Gravy	1 tsp Margarine	1 tsp Margarine	1 tsp Margarine

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LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Oct-13
 Week Days 21-25

STANDARD MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE 3 oz. Cooked meat or equivalent alternate	3 oz. Chicken	3 oz. Ground Beef	3 oz. Chicken	3 oz. Dice Pork	3 oz. Ground Beef
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 Two servings of non-starchy vegetables	4 oz. Broccoli (A) 4 oz. Brussel Sprouts (A)	4 oz. Broccoli (A) 4 oz. Cauliflower (A)	1/2 oz. Celery (A& C) 1/2 oz. Onion (C) 1 oz. Diced Tomatoes (A & C) 1 oz. Bell Pepper (A) 1 oz. Carrots (A) 4 oz. Tossed Salad (A & C)	6 oz. Carrots, Onion, & Tomatoes (A & C) 4 oz. Green Bell Peppers (A)	2 oz. Chili (C) 6 oz. Spinach (A)
FRUIT One (1 serving)	4 oz. Apricots (A & C)	4 oz. Plums (A & C)	4 oz. Apple Cobbler (A & C)	4 oz. Peaches (C)	4 oz. Mandarin Oranges (C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	1 oz. Wheat Roll 4 oz. Corn	1 oz. Biscuits 4 oz. Macaroni Noodles	6 Crackers 4 oz. Rice	6 Crackers 4 oz. Rice	6" Tortilla 4 oz. Pinto Beans
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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%
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	1 tsp Margarine	1 tsp Margarine	1 tsp Margarine	1 tsp Margarine	1 tsp Margarine

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LUNCH MEAL PATTERN

Program Rio Arriba County
 Month Oct-13
 Week Days 28-31

STANDARD MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE 3 oz. Cooked meat or equivalent alternate	3 oz. Chicken	3 oz. Tuna	3 oz. Ground Beef	3 oz. Chicken	
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 Two servings of non-starchy vegetables	6 oz. Tossed Salad (A & C) 1/2 oz. Celery (A & C) 1/2 oz. Onion (C) 1/2 oz. Bell Pepper (A) 1/2 oz. Tomatoes (A & C)	4 oz. Carrots (A) 4 oz. Beets (A & C)	2 oz. Lettuce 2 oz. Tomato (A & C) 2 oz. Onion (C) 2 oz. Red Chile (C)	4 oz. Broccoli (A) 4 oz. Cauliflower (A)	
FRUIT One (1 serving)	4 oz. Plums (A & C)	4 oz. Pears (C)	4 oz. Strawberries (C)	4 oz. Pineapple Chunks (C)	
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	4 oz. Rice 6" Tortilla	4 oz. Pasta (Egg Noodles) 4 oz. Peas	1 oz. Fritos 4 oz. Pinto Beans	1 oz. Wheat Roll 4 oz. Rice	
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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%	
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Ranch Dressing or Italian Dressing	1 tsp Margarine	1 tsp Margarine	Cheese Sauce	

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