Program	City Of Gallup Senior Program
Month	March 2014
Week	1

MEAL PATTERN	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
MEAL PATTERN	4 oz. Spaghetti/ 3oz. Meat Sauce	3 oz. Baked Pork Chop	Bean Burrito (8 oz. Beans 1 oz. Cheese, 1 Tortilla)	3 oz. Roast Beef	Tuna Sandwich (3 oz. Tuna)
VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)	& C) 4 oz. Tossed Salad (A & C)	8 oz. Yellow Squash (A)	8 oz. Garden Salad (A & C)	8 oz. Stewed Tomatoes (A & C)	8 oz. Vegetable in Soup (A & C)
FRUIT (1 serving)	4 oz. Fruit in Jello	4 oz. Cherry In Cherry Cobbler(A)	4 oz. Fruit Cup (A & C)	1 med. Banana (A & C)	4 oz. Sliced Peaches ( C)
BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	1 oz. Garlic Bread 4 oz. Spaghetti in Entrée	4 oz. Mashed Potatoes 1 oz. Biscuit	1-6" Flour Tortilla 4 oz. Spanish Rice	4 oz. Mashed Potatoes 1 oz. Dinner Roll	2 sl. WW Bread
LOWFAT MILK  ½ pint (1 cup) = one serving	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk
DESSERT ½ c (optional if fruit served)					Pineapple Upside Down Cake
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Dressing, Salsa	Gravy, Salsa	Dressing, Green Chile	Gravy, Green Chile	Salsa

MENU PLANNER EVALUTED BY Margaret Diaz PRO

Jennifer Gilmore RD, LD PSA

PROGRAM TITLE City Of Gallup Senior Program

Program City Of Gallup Senior Program

Month March 2014

Week 2

MEAL PATTERN	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
MEAT OR ALTERNATE	3 oz. Chicken Fried	1 Chili Dog	Bean Burrito	3 oz. Pork Roast	Red Chili Cheese
3 oz. Cooked Edible = one serving	Steak	(3 oz. Frank, 1 bun)	(8 oz. Beans 1 oz.	J OZ. FOIK KOASI	Enchiladas
Red meat no more than 3 times per	Sicak	(5 OZ. Plank, 1 Dun)	Cheese, 1 Tortilla)		(3 oz. Cheese)
•			Cheese, 1 Tortina)		(5 0Z. Cheese)
week					
VEGETABLES	8 oz. California	8 oz. Mixed	8 oz. Tossed Salad	8 oz. Stewed	8 oz. Toss Salad (A
Include and identify	Vegetables (A & C)	Vegetables (A & C)	(A & C)	Tomatoes (A & C)	& C)
source of Vitamin A					
and Vitamin C					
(two servings of non-starchy vegetables)					
FRUIT	4 oz. Chilled	1 med. Orange ( C )	4 oz. Fruit Cup	4 oz. Apricots	4 oz. Sliced Peaches
(1 serving)	Pineapple ( C )	Timeur Grunge (G)	(A & C)	(A & C)	(C)
(1 501 / 111/g)	i meappie ( e )		(11000)	(11000)	(0)
BREADS OR ALTERNATES	1 oz. Biscuit	1 Hot Dog Bun,	1-6" Flour Tortilla	4 oz. Mashed	4 oz. Refried Beans
2 servings of bread (whole grain or enriched desirable)	1 oz. Breading in	4 oz. Baked Potato	4 oz. Spanish Rice	Potatoes	1-6" Corn Tortilla-
includes starchy vegetables	Entree	Wedge	_	1 oz. Dinner Roll	Entrée
LOWFAT MILK	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat
½ pint (1 cup) = one serving	Milk	Milk	Milk	Milk	Milk
72 pint (1 cup) = one serving	WIIIK	WIIIK	WIIIK	WIIIK	WIIIK
DESSERT					
1∕2 C					
(optional if fruit served)					
FAT	Gravy, Salsa	Red Chili	Dressing, Green	Green Chile	Red chili, Dressing
(Butter, salad dressings, gravies, sauces,	Gravy, Baisa	ica ciiii	Chile	Orcen Chile	Red clilli, Diessing
etc.) 1-2 teaspoons fat			Cinic		
•	M			0; 0(0 !! 0 : 5	
MENU PLANNER	Margaret Diaz	<u> </u>	PROGRAM TITLE	City Of Gallup Senior Pr	ogram
EVALUTED BY	Jennifer Gilmore RD, LD	)	PSA		

Program	City Of Gallup Senior Program
Month	March 2014
Week	3

MEAL PATTERN	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
MEAT OR ALTERNATE	3 oz. Corn Beef	3 oz. Baked Fish	3 oz. Sweet & Sour	Pepperoni Pizza	Green Chili Chicken
3 oz. Cooked Edible = one serving			Pork	(1 oz. Pepproni,	Casserole
Red meat no more than 3 times per				2 oz. Cheese)	(3 oz. Chicken)
week					
VEGETABLES		8 oz. Dutch Blend (A		8 oz. Carrot & Raisin	
Include and identify	(A & C)	& C)	(A & C)	Salad (A)	(A & C)
source of Vitamin A					
and Vitamin C					
(two servings of non-starchy vegetables)					
FRUIT	4 oz. Kiwi ( C )	4 oz. Purple Plums(A	4 oz. Pineapples	4 oz. Orange ( C )	4 oz. Fruit
(1 serving)		& C)	(C)		
BREADS OR ALTERNATES	4 oz. Parsley	4 oz. Tater Tots	4 oz. Brown Rice	1 oz. Pizza Crust	4 oz. Spanish Rice
2 servings of bread (whole grain or enriched desirable)	Potatoes	1 oz. WW Roll	1 oz. Roll	4 oz. Corn	4 oz. Noodles in
includes starchy vegetables	1 oz. Roll				Entree
LOWFAT MILK	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat
$\frac{1}{2}$ pint (1 cup) = one serving	Milk	Milk	Milk	Milk	Milk
DESSERT					Jello
½ C					
(optional if fruit served)					
FAT	Green Chili,	Tartar sauce,	Margarine	Green Chile	Dressing
(Butter, salad dressings, gravies, sauces,	Margarine				
etc.) 1-2 teaspoons fat					

MENU PLANNER EVALUTED BY Elbert Burbank PROGRAM TITL
Jennifer Gilmore RD, LD PSA

PROGRAM TITLE City Of Gallup Senior Program

Program	City Of Gallup Senior Program
Month	March 2014
Week	4

MEAL PATTERN	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
MEAT OR ALTERNATE	3 oz. Beef Tips	3 oz. BBQ Chicken	3 oz. Liver	Hamburger	Chili Relleno
3 oz. Cooked Edible = one				(3 oz. Beef Patty)	(3 oz. Cheese)
serving Red meat					
no more than 3 times per week					
VEGETABLES	8 oz. Asparagus (A)	8 oz. Baby Carrots	8 oz. Steamed	4 oz. Lettuce,	8 oz. Midori Blend
Include and identify		(A)	Onions & Green	Tomatoes, Onions	(A & C)
source of Vitamin A			Beans (A & C)	( A & C)	
and Vitamin C				4 oz. Carrots	
(two servings of non-starchy					
vegetables)					
FRUIT	4 oz. Apple Sauce (A	4 oz. Fruit Cocktail	4 oz. Bananas in	4 oz. Fruit	4 oz. Peaches ( C )
(1 serving)	& C)	(A & C)	Pudding		
BREADS OR ALTERNATES	4 oz. Rice	4 oz. Baked Potato	1 oz. Biscuit	4 oz. Fries	4 oz. Pinto Beans
2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	1 oz. Rolls	1 oz. WW Roll	4 oz. Starchy	1 Whole Bun	1 oz. Breading in
•			Vegetables		Entrée
LOWFAT MILK	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat	8 oz. 2% Low Fat
$\frac{1}{2}$ pint (1 cup) = one serving	Milk	Milk	Milk	Milk	Milk
DESSERT				Ice Cream	
¹∕2 C					
(optional if fruit served)					
FAT	Green Chili,	Green Chile,	Gravy, Margarine	Green Chile	Margarine
(Butter, salad dressings, gravies,	Margarine	Margarine			
sauces, etc.) 1-2 teaspoons fat					

MENU PLANNER	Elbert Burbank	PROGRAM TITLE	City Of Gallup Senior Program
EVALUTED BY	Jennifer Gilmore RD, LD	PSA	

Program City Of Gallup Senior Program

Month March 2014

Week 5

MEAL PATTERN	MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE	Chicken Chop Suey				
3 oz. Cooked Edible = one serving	(3 oz. Chicken)				
Red meat no more than 3 times per					
week					
VEGETABLES	4 oz. Oriental Blend				
Include and identify	(A & C)				
source of Vitamin A	4 oz. Swiss Blend				
and Vitamin C	(A & C)				
(two servings of non-starchy vegetables)					
FRUIT	4 oz. Pears ( C )				
(1 serving)					
BREADS OR ALTERNATES	4 oz. Noodles 4				
2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	oz. Starchy				
monado saren, regeneres	Vegetables				
LOWFAT MILK	8 oz 2% Low Fat				
	8 02 2% Low Fat Milk				
½ pint (1 cup) = one serving	MIIIK				
DESSERT	Fortune Cookie				
½ c					
(optional if fruit served)					
FAT	Green Chili, Soy			†	
(Butter, salad dressings, gravies, sauces,	Sauce				
etc.) 1-2 teaspoons fat	2440				
MENU PLANNER	Elbert Burbank		PROGRAM TITLE	City Of Gallup Senior Pro	gram
EVALUTED BY	Jennifer Gilmore RD, LD		PSA		