

SENIOR NUTRITION PROGRAM

LUNCH MEAL PATTERN

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) | 4 oz. Green Beans (A & 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

Jennifer Gilmore RD, LD

PROGRAM TITLE

PSA

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Week 2

| MEAL PATTERN | MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 | THURSDAY 13 | FRIDAY 14 |
|--|---|--|--|--|--|
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | 3 oz. Chicken Fried Steak | 1 Chili Dog (3 oz. Frank, 1 bun) | Bean Burrito (8 oz. Beans 1 oz. Cheese, 1 Tortilla) | 3 oz. Pork Roast | Red Chili Cheese Enchiladas (3 oz. Cheese) |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | 8 oz. California Vegetables (A & C) | 8 oz. Mixed Vegetables (A & C) | 8 oz. Tossed Salad (A & C) | 8 oz. Stewed Tomatoes (A & C) | 8 oz. Toss Salad (A & C) |
| FRUIT (1 serving) | 4 oz. Chilled Pineapple (C) | 1 med. Orange (C) | 4 oz. Fruit Cup (A & C) | 4 oz. Apricots (A & C) | 4 oz. Sliced Peaches (C) |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | 1 oz. Biscuit 1 oz. Breeding in Entree | 1 Hot Dog Bun, 4 oz. Baked Potato Wedge | 1-6" Flour Tortilla 4 oz. Spanish Rice | 4 oz. Mashed Potatoes 1 oz. Dinner Roll | 4 oz. Refried Beans 1-6" Corn Tortilla-Entrée |
| 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) | | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | Gravy, Salsa | Red Chili | Dressing, Green Chile | Green Chile | Red chili, Dressing |

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Week 3

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

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Elbert Burbank

Jennifer Gilmore RD, LD

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Week 4

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

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 Week 5

| MEAL PATTERN | MONDAY 31 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---------|-----------|----------|--------|
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | Chicken Chop Suey (3 oz. Chicken) | | | | |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | 4 oz. Oriental Blend (A & C) 4 oz. Swiss Blend (A & C) | | | | |
| FRUIT (1 serving) | 4 oz. Pears (C) | | | | |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | 4 oz. Noodles 4 oz. Starchy Vegetables | | | | |
| LOWFAT MILK ½ pint (1 cup) = one serving | 8 oz 2% Low Fat Milk | | | | |
| DESSERT ½ c (optional if fruit served) | Fortune Cookie | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | Green Chili, Soy Sauce | | | | |

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