

SENIOR NUTRITION PROGRAM

STANDARD MEAL PATTERN

Program CITY OF GALLUP SENIOR PROGRAM
 Month Dec-13
 Week 1

STANDARD MEAL PATTERN	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
MEAT OR ALTERNATE 3 oz. Cooked meal or alternate = one serving Red meat no more than 3 times per week	Open Face Cheeseburger (2 oz. Beef, 1 oz. Cheese)	Baked Chicken (3 oz. Chicken)	Beef Stew (3 oz. Beef)	BBQ Chicken (3 oz. Chicken)	Red Chile Beef & Bean Burrito (3 oz. Beef, 4 oz. Beans)
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 (Two servings of non-starchy vegetables) optional	4 oz. Lettuce, Tomato & Onions (A & C) 4 oz. Dill Pickle Spear (A)	4 oz. Green Beans (A & C) 4 oz. Steamed Onions (C)	4 oz. Celery, Onions & Carrots in Stew (A & C) 4 oz. Diced Peppers	4 oz. Steamed Broccoli (A) 4 oz. Carrot Coins (A)	4 oz. Steamed Califlower (A) 4 oz. Stewed Tomatoes (A & C)
FRUIT One (1 serving)	4 oz. Apple Crisp (A & C)	4 oz. Peaches (C)	4 oz. Apricots (A & C)	4 oz. Apple (A & C)	4 oz. Mixed fruit in Jello (A & C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	4 oz. Baked Beans 1/2 Bun	4 oz. Mashed Potatoes 1 oz. Biscuit	4 oz. Macaroni Salad 2"x 2" Cornbread	1 oz. WW Roll 4 oz. Rice Pilaf	1-6" Tortilla in Entrée 4 oz. Beans in Entrée
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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 pint (optional if fruit served)			Chocolate Pudding		
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Ketchup, Mustard	Gravy	Butter	Butter	Butter

MENU PLANNER

FORD CANYON

PROGRAM TITLE
PSA

CITY OF GALLUP SENIOR PROGRAM

EVALUTED BY

Jennifer Gilmore RD, LD

II

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STANDARD MEAL PATTERN

Program CITY OF GALLUP SENIOR PROGRAM
 Month Dec-13
 Week 2

STANDARD MEAL PATTERN	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
MEAT OR ALTERNATE 3 oz. Cooked meal or alternate = one serving Red meat no more than 3 times per week	Hamburger Steak w/Onions (3 oz. Beef)	Chicken Pot Pie (3 oz. Chicken)	Posole w/Pork (3 oz. Pork)	Diced Chicken over Noodles (3 oz. Chicken)	Baked Ham w/ Pineapple Sauce (3 oz. Ham)
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 (Two servings of non-starchy vegetables) optional	4 oz. Cucumber Salad (A) 4 oz. Broccoli (A)	4 oz. Mixed Vegetables in Entrée (A & C) 4 oz. Beets	4 oz. Tossed Salad (A & C) 4 oz. Steamed Spinach (A)	4 oz. Carrot Coins (A) 4 oz. Steamed Cabbage (A & C)	4 oz. Yellow Squash (A) 4 oz. Stewed Tomatoes (A & C)
FRUIT One (1 serving)	4 oz. Plums (A & C)	1 med. Banana (A & C)	4 oz. Hot Cinnamon Apples (A & C)	4 oz. Mixed Fruit (A & C)	4 oz. Pineapple (C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	1 oz. WW Roll 1 Med Baked Potato	1 oz. Biscuit Crust in Entrée 4 oz. Garbanzo Beans	1-6" Tortilla 4 oz. Hominy in Posole	4 oz. Noodles in Entrée 1 oz. Garlic Bread	2" x 2" Cornbread 4 oz. Yams w/Marshmallow Topping
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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 pint (optional if fruit served)			Biscochito Cookie		
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Butter	Butter	Green Chile Salad Dressing	Butter	Butter

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STANDARD MEAL PATTERN

Program	CITY OF GALLUP SENIOR PROGRAM
Month	Dec-13
Week	3

STANDARD MEAL PATTERN	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
MEAT OR ALTERNATE 3 oz. Cooked meal or alternate = one serving Red meat no more than 3 times per week	Green Chili Stew w/Ground Beef (3 oz. Beef)	3 oz. Baked Fish	Roast Pork w/gravy (3 oz. Pork)	Beef Lasagna (3 oz. Beef)	Green Chile Chicken Enchilada Casserole (2 oz. Chicken, 1 oz Cheese)
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 (Two servings of non-starchy vegetables) optional	4 oz. Carrot Coins (A) 4 oz. Spinach (A)	4 oz. Yellow Squash (A) 4 oz. Green Beans (A & C)	4 oz. Carrot & Raisin Salad (A) 4 oz. Harvard Beets (A & C)	4 oz. Cucumber Salad (A) 4 oz. Peppers (A)	4 oz. Zucchini (A & C) 4 oz. Stewed Tomatoes (A & C)
FRUIT One (1 serving)	4 oz. Fruit Ambrosia (C)	4 oz. Plums (A & C)	4 oz. Applesauce (A & C)	4 oz. Apricot Crisp (A & C)	4 oz. Mixed Fruit (A & C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	4 oz. Potatoes in Entrée 2" x 2" Cornbread	4 oz. Tater Tots 1 oz. WW Roll	4 oz. Bread Stuffing 4 oz. Green Peas	4 oz. Noodles in Entrée 1 oz. Garlic Bread	1-6"Corn Tortilla in Entrée 4 oz. Spanish Rice
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 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 pint (optional if fruit served)					
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Butter, Green Chile	Tartar Sauce, Butter	Butter	Parmesan Cheese	Green Chile

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LUNCH MEAL PATTERN

Program	CITY OF GALLUP SENIOR PROGRAM
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Week	4

STANDARD MEAL PATTERN	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
MEAT OR ALTERNATE 3 oz. Cooked meal or alternate = one serving Red meat no more than 3 times per week	Carnitas (3 oz. Pork)	Closed	Closed	Chicken Chop Suey (3 oz. Chicken)	Meat Loaf w/ Tomato Sauce (3 oz. Beef)
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 (Two servings of non-starchy vegetables) optional	4 oz. Steamed Spinach (A) 4 oz. Stewed Tomatoes (A & C)			4 oz. Steamed Broccoli (A) 4 oz. Oriental Vegetables (A & C)	4 oz. Baby Carrots (A) 4 oz. Brussel Sprouts (A)
FRUIT One (1 serving)	4 oz. Orange (C)			4 oz Peaches (C)	4 oz. Fruit Cocktail (A & C)
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	4 oz. Spanish Rice 1-6" Flour Tortilla in Entrée			4 oz. Brown Rice 1 oz. Roll	4 oz. Scalloped Potatoes 1 oz. WW Roll
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 serving	8 oz. 2% Low-Fat Milk			8 oz. 2% Low-Fat Milk	8 oz. 2% Low-Fat Milk
DESSERT ½ pint (optional if fruit served)					
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Red Chile			Butter, Soy Sauce	Butter

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 Week 5

STANDARD MEAL PATTERN	MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR ALTERNATE 3 oz. Cooked meal or alternate = one serving Red meat no more than 3 times per week	Open Face Hot Turkey Sandwich w/ Gravy (3 oz. Turkey)	Open Face Sloppy Joes (3 oz. Beef)			
VEGETABLES Include and identify source of Vitamin A and Vitamin C 2 (Two servings of non-starchy vegetables) optional	4 oz. Beets (A & C) 4 oz. Zucchini (A & C)	4 oz. Steamed Broccoli (A) 4 oz. Wax Beans (A & C)			
FRUIT One (1 serving)	4 oz. Cranberry Sauce (C)	4 oz. Apricots (A & C)			
BREADS OR ALTERNATES Two (2) servings of bread (whole grain or enriched desirable)	4 oz. Parsley Potatoes 1 sl. Bread in Entrée	4 oz. Tater Tots 1/2 Hamburger Bun			
LOWFAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 serving	8 oz. 2% Low-Fat Milk	8 oz. 2% Low-Fat Milk			
DESSERT ½ pint (optional if fruit served)	Chocolate Cake				
FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat	Gravy	Ketchup			

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