

SENIOR NUTRITION PROGRAM
LUNCH MEAL PATTERN

Program	Rio Arriba County
Month	Aug-13
Week	5 - Days 26-30

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MAIN ENTRÉE</u>	Chile Dog	G. C. Chicken Enchiladas	Pork Posole	Chicken Fajitas	Fish Sticks
MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week	Franks 3 oz.	Chicken 3oz	Dice Pork 3oz	Chicken and Cheese 3oz	Fish 3oz
VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables)	Green Beans 6oz (A & C) Red Chile 2oz (C)	Tossed Salad 6oz (A & C) Celery 1/2 oz (C) Onion 1/2 oz (C) Bell Pepper 1/2 oz (A & C) Tomatoes 1/2 oz (A & C)	Green Chile 2oz (C) Spinach 6oz (A)	Bell Peppers 4oz (A & C) Onions 2oz (C) Salsa 2oz (A & C)	Tossed Salad 4oz (A & C) Coleslaw 4oz (A & C)
FRUIT (1 serving)	Sliced Apples 4oz (A & C)	Watermelon 4oz (A & C)	Strawberries 4oz (C)	Cranberry Juice 6oz (C)	Apricots 4oz (A & C)
BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables	Hot Dog Bun (1 Whole Bun)	Rice 4oz 1 tortilla 6"	1 Wheat Roll Posole 4oz	1 Tortilla 6" Peas 4oz	1 Wheat Roll 1 oz. Breading on Fish Sticks
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)					
OPTIONAL FOODS (Butter, salad dressings, gravies, sauces, etc.)			Cake		

MENU PLANNER
EVALUTED BY

Pedro L. Armendariz
Jennifer Gilmore RD, LD

PROGRAM TITLE
PSA

Inventory Tech.