

SENIOR NUTRITION PROGRAM

Program City Of Gallup Senior Program

Month April 2014

Week _____

| MEAL PATTERN | MONDAY 14 | TUESDAY 15 | WEDNESDAY 16 | THURSDAY 17 | FRIDAY 18 |
|---|-----------|------------|--------------|---|-----------|
| MEAT OR ALTERNATE 3 oz. Cooked Edible = one serving Red meat no more than 3 times per week | | | | Spaghetti w/ Meat Sauce (3 oz. Ground Beef, 1 oz. Sauce, 4 oz. Noodles) | |
| VEGETABLES Include and identify source of Vitamin A and Vitamin C (two servings of non-starchy vegetables) | | | | 8 oz. California Blend (A & C) | |
| FRUIT (1 serving) | | | | 4 oz. Kiwi (C) | |
| BREADS OR ALTERNATES 2 servings of bread (whole grain or enriched desirable) includes starchy vegetables | | | | 1 oz. Garlic Bread 4 oz. Noodles in Entrée | |
| LOWFAT MILK ½ pint (1 cup) = one serving | | | | 8 oz. 2% Low Fat Milk | |
| DESSERT ½ c (optional if fruit served) | | | | | |
| FAT (Butter, salad dressings, gravies, sauces, etc.) 1-2 teaspoons fat | | | | Green Chili Butter | |

MENU PLANNER

EVALUTED BY

Jennifer Gilmore RD, LD 4/16/14

PROGRAM TITLE

PSA

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