

## LUNCH MEAL PATTERN

Program City Of Gallup Senior Program  
 Month January 2016  
 Week 1

STANDARD MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate					CLOSED New Year's Day
VEGETABLES Two (1/2 cup) servings of vegetables					
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week					
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)					
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 pint (1 cup) = 1 serving					
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served					
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat					

MENU PLANNER

Yavonne Eustace

PROGRAM TITLE

City Of Gallup Senior Program

EVALUTED BY

PSA

# LUNCH MEAL PATTERN

Program City Of Gallup Senior Program  
 Month January 2016  
 Week 2

STANDARD MEAL PATTERN	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	Chili Mac (3 oz. Beef)	3 oz. Corned Beef w/Cabbage	3 oz. Pork Ribs	3 oz. Baked Chicken	Chili Beans (2 oz. Chili, 2 oz. Cheese, 4 oz. Beans)
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz. Mixed Vegetables 4 oz. Broccoli	4 oz. Carrots 4 oz. Corn	4 oz. Chuckwagon Blend 4 oz. Baked Beans	4 oz. Zucchini 4 oz. Mashed Potatoes & Gravy	4 oz. Cauliflower 4 oz. Broccoli
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week		4 oz Apples in Crisp	4 oz. Apple Sauce	4 oz. Pineapple Tidbits	4 oz. Sliced Pears
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	2"x2" Cornbread	1-6" Tortilla	1 WW sliced Bread	1 oz. WW Roll	2"x2" Cornbread
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 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 One (1/2 cup) serving dessert does not have to be served on days fruit is served	4 oz. Banana Pudding w/wafer				
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	Green Chili 1 tsp Margarine	1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine

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EVALUTED BY

Jennifer Pas RD, LD

PSA

# LUNCH MEAL PATTERN

Program	<b>City Of Gallup Senior Program</b>
Month	<b>January 2016</b>
Week	<b>3</b>

STANDARD MEAL PATTERN	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	Franks w/ Mac &/Cheese (2 oz. Frank, 1 oz. Cheese)	Soft Taco (3 oz. Beef)	3 oz. Pork Carne Adovada	Sausage Pizza Supreme (2 oz. Sausage, 1 oz. Cheese)	Ham & Swiss Sub Sandwich (2 oz. Ham, 1 oz. Swiss)
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz. 3 Bean Salad 4 oz. Spinach	4 oz. Lettuce, Tomato & Onion 4 oz. Pinto Beans	4 oz. Cucumber w/ Onion Salad 4 oz. Monte Carlo Blend	4 oz. Tossed salad 4 oz. Corn	8 oz. Lettuce, Tomato
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week	4 oz. Peaches in Crisp	4 oz. Mandarin Oranges	4 oz. Fruit Cocktail	4 oz. Apple Sauce	4 oz. Sliced Peaches
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	1 oz. WW Roll	1-6" Corn Tortilla	1 oz. WW Roll	1 oz. Pizza Crust	1 oz. Chips
LOW FAT 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 One (1/2 cup) serving dessert does not have to be served on days fruit is served					
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chile 1 tsp Margarine	Green Chili 1 tsp Margarine

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# LUNCH MEAL PATTERN

Program City Of Gallup Senior Program  
 Month January 2016  
 Week 4

STANDARD MEAL PATTERN	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	CLOSED Martin Luther King Day	4 oz. Spaghetti w/ 4 oz. Meat Sauce	3 oz. Pork Roast	Red Cheese Enchiladas (3 oz. Cheese)	Chili Cheese Dog (2 oz. Frank, 1 oz. Cheese)
VEGETABLES Two (1/2 cup) servings of vegetables		4 oz. Tossed Salad 4 oz. Corn	4 oz. Brussell Sprouts 4 oz. Mashed Potatoes w/ Gravy	8 oz. Pinto Beans	4 oz. Baby Carrots 4 oz. Tater Tots
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week		4 oz. Fruit in Jell-O	4 oz. Tropical Fruit	4 oz. Apple Cinnamon Slices	4 oz. Mandarin Oranges
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)		1 oz. Garlic Bread Stick	1 oz. WW Roll	4 oz. Spanish Rice 6 each Crackers	1 Whole Bun
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 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
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served					
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat		Green Chile 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chile 1 tsp Margarine

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# LUNCH MEAL PATTERN

Program	City Of Gallup Senior Program
Month	January 2016
Week	5

STANDARD MEAL PATTERN	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	3 oz. Beef Pattie w/Onions	3 oz. Baked Chicken	Red Bean Burrito (4 oz. Pinto Beans, 2 oz. Cheese)	3 oz. Shredded Pork w/Gravy	3 oz. Baked Ham
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz. Capri Blend 4 oz. Mashed Potatoes w/ Gravy	4 oz. Asparagus 4 oz. Mashed Potatoes w/ Gravy	4 oz. Tossed Salad (Lettuce & Tomatoes) 4 oz. Green Peas	4 oz. Green Beans 4 oz. Carrot Coins	4 oz. Candied Yams 4 oz. Broccoli 4 oz. Corn
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week	4 oz. Sliced Pears		4 zo. Fruit in Jello	4 oz. Plums	
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	1 oz. WW Roll	1-6"Tortilla	4 oz. Spanish Rice	1 WW Sliced Bread	1 oz. WW Roll
LOW FAT 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 One (1/2 cup) serving dessert does not have to be served on days fruit is served		4 oz. Chocolate Pudding			4 oz. Sherbet
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	Green Chili 1 tsp Margarine	1 tsp Margarine

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