



1% milk served at meals

Rio Arriba Senior Center March 2026

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|--|---|---|---|---|
| <p>Monday 2 3 oz. Chicken Fried steak 2oz LS Country Gravy 1/3c diced potatoes w/ 1/4c chopped onions 1/2c asparagus 1 wheat roll 1/2c Pineapple chunks</p> | <p>Tuesday 3 3/4c LS Chicken and rice Casserole (3oz Chicken 1/4c Rice, 0.5oz Cheese, 1oz Sauce) 1/2c Carrots 1/2c broccoli 3/4c Tossed salad 1 TBSP light Ranch Dressing Wheat roll w/ 1 tsp margarine 1c Apricots</p> | <p>Wednesday 4 1c Chili Beans (2oz. Beef, 1/4c LS Beans, 2oz. Red Chile sauce) 1.5c Tossed Salad 2 TBSP Light French Dressing 1 sl. oz Cornbread Banana</p> | <p>Thursday 5 BREAKFAST FOR LUNCH (1/2c scrambled eggs, 1oz reduced fat sausage patty) 1/3c hashbrowns w/ 1/2c onions and peppers 1/2c spinach Wheat bread w/ 1 tsp margarine 1c Fruit salad</p> | <p>Friday 6 5 oz. LS Beef Tips (3oz Beef, 2oz LS gravy) 1/2c Brown Rice w/ 1/4c Mushrooms 1c Italian vegetables 1/2c Fruit cocktail</p> |
| <p>Monday 9 3oz Chicken strips 2oz LS Country Gravy 3/4c Green beans w/ 1 tsp unsalted butter 1/3c succotash w/ 1 tsp unsalted butter WW Roll w/ 1 tsp unsalted butter Orange</p> | <p>Tuesday 10 3/4c Hamburger mac (3oz Beef, 1/4c macaroni, 1/8 tomatoes) 1c California blend vegetables Wheat roll w/ 1 tsp margarine 1c mixed Berries 1/2c Light sugar free nonfat vanilla yogurt</p> | <p>Wednesday 11 Sweet and Sour Pork (pork, 2 TBSP sauce) 1/2c Brown Rice 1c Oriental Vegetable 1 Vegetable Egg Roll 1/2c Pineapple chunks</p> | <p>Thursday 12 3.5oz Meatloaf 2oz LS beef gravy 1/3c Mash Potato 3/4c Carrots w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp margarine 1/2c Mixed Berries 1/2c Light sugar free nonfat vanilla yogurt</p> | <p>Friday 13 Turkey and Avocado Wrap (8 in Whole Wheat Tortilla, 3oz turkey, 1/4c Avocado 1/2c lettuce, 2 slices tomato) 1/2c cucumber and tomato salad 1/2c LS cold Beets 1oz Baked Chips 1/2c Peaches</p> |
| <p>Monday 16 Egg Salad Sandwich (1/2c egg salad (1 egg), 1/2c lettuce, 2 slices tomato) 1/2c LS three bean salad 1/2c LS cold beets 1c Fruit salad 1c light sugar free nonfat vanilla yogurt</p> | <p>Tuesday 17 Beef Fajitas (3oz Beef, 1/2c Peppers and onions, 2 tbsp salsa, 1 6in flour tortilla) 1/2c Pinto beans 1c Chataeu blend vegetables 1c Mango chunks</p> | <p>Wednesday 18 3oz Herbed Baked Salmon 2 TBSP tartar sauce 1/3c baked Sweet Potatoes (not candied) 3/4c LS roasted brussel sprouts Wheat roll 1c Grapes 1/2c Chocolate pudding</p> | <p>Thursday 19 1c Sopa De Albondigas (3oz beef meatballs, 1/2c LS Tomato broth, 2 TBSP GC) 1/2c Spinach 1.5c tossed salad 2 TBSP light ranch dressing 6 in Flour Tortilla Banana</p> | <p>Friday 20 Grilled Chicken Salad (3oz grilled chicken breast, 1c mixed greens, 1/4c tomatoes, 1/4c cucumbers, 1/4c shredded carrots) 2 TBSP Light balsamic Vinaigrette dressing) Wheat roll 1 Medium apple</p> |



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| <p>Monday 23 Scalloped Potato's W Ham 1oz LS Ham 1/3c Scalloped Potato's 1c Winter blend vegetables Wheat roll w/ 1 tsp unsalted butter 1/2c Spiced Apricots 1c Light nonfat Vanilla Yogurt</p> | <p>Tuesday 24 8oz Green Chile Chicken Enchiladas (2 corn tortilla, 1oz GC sauce, 1 oz shredded cheese, 1/2c lettuce and tomato) 1/2c Pinto beans 3/4c calabacitas 1c Fruit cocktail</p> | <p>Wednesday 25 Open faced Shredded pork Sandwich (1/2 wheat hot dog bun, 3oz pork, 1/8c onions) 3/4c Green beans w/ 2 tsp unsalted butter 1/3c Potato wedges 3/4c peaches</p> | <p>Thursday 26 Chicken Stir Fry (3oz diced chicken, 0.5oz sauce) 1c Stir fry vegetables 1/2c Brown rice 1/2c Mandarin oranges 1 peanut butter cookie</p> | <p>Friday 27 Green Chile Meat Burrito (3 oz beef, 1 oz Chile, 1 8 in WW tortilla, 1/4c GC sauce) 1/2c pinto beans 1/2c spinach 1c tropical Fruit salad</p> |
| <p>Monday 30 1c GC Pork Chile Stew (3 oz. Pork, 1 oz. GC Chile Sauce, 1/4c Carrot, 1/4c Potato) 1/2c Green Beans w/ 1 tsp margarine 3/4c Tossed salad w/ 1 TBSP light ranch Dressing 1 6in flour tortilla 1/2c Mandarin Oranges</p> | <p>Tuesday 31 1c Tuna Noodle Casserole (3 oz. Tuna, 1 oz Sauce, 1/2c Noodles) 1/4c Peas & Carrots 1/2c Beets 1.5c Tossed salad w/ 2 TBSP Light ranch Dressing 1c Pears 1/2c Sherbet</p> | | | |

Nutrient Table

| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|--------------------------------------|-------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| | | Days in Week: 5 | Days in Week: 5 | Days in Week: 5 | Days in Week: 5 | Days in Week: 2 |
| Calories | 700 or more | 701.0 | 709.2 | 702.3 | 704.7 | 747.4 |
| % Carbohydrates from Calories | 45-55% | 48.3 | 51.5 | 50.1 | 53.3 | 54.2 |
| % Protein from Calories | 15-25% | 21.9 | 20.1 | 23.1 | 21.5 | 19.3 |



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|----------------------------|-------------------|-------|-------|-------|-------|-------|
| % Fat from Calories | 25-35% | 28.7 | 28.4 | 26.8 | 25.2 | 26.5 |
| Saturated Fat | less than 8g | 7.2 | 8.0 | 6.4 | 8.0 | 7.2 |
| Fiber | 10g or more | 10.7 | 10.5 | 11.1 | 10.3 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.0 | 2.9 | 1.7 | 1.5 |
| Vitamin A | 300ug RAE or more | 731.9 | 461.8 | 531.8 | 381.2 | 717.1 |
| Vitamin C | 30mg or more | 40.2 | 39.1 | 59.3 | 53.2 | 65.3 |
| Iron | 2.6mg or more | 5.5 | 4.0 | 5.3 | 4.0 | 3.8 |
| Calcium | 400mg or more | 489.1 | 485.5 | 512.5 | 521.4 | 506.0 |
| Sodium | less than 766mg | 755.1 | 761.2 | 726.1 | 687.0 | 738.4 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, fiber and sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

Constance Rudnicki MS, RDN, LD approved on December 22, 2025