



2% milk served at meals

Rio Arriba County September 2026

Monday 7 CLOSED HOLIDAY	Tuesday 1 Red Chile Beef and Potatoes Burrito 2oz RC sauce 1/2c LS seasoned spinach with garlic 1/2c Zucchini 3/4c Fruit cocktail 1/2c Light sugar free nonfat vanilla yogurt	Wednesday 2 LS Pork Fajitas 2 TBSP salsa 1/2c Pinto beans 1c yellow squash and diced tomatoes 1c mango chunks	Thursday 3 Chicken taco Salad 2 TBSP LS Chilito vinaigrette 1 oz tortilla chips 1/2c FF tapioca pudding Banana	Friday 4 Ham & Cheese Sandwich 1/2c sliced cucumbers and tomatoes 1/2c LS three bean salad 1c Grapes
Monday 14 Baked Chicken 2oz Chicken Gravy 1/2c LS Brown Rice, 1c Green Beans & Carrots 1 tsp margarine 1/2c Spiced peaches	Tuesday 8 Beef Tacos 1/2c LS pinto beans 1c California blend vegetables 1 tsp margarine 1c Apricots	Wednesday 9 RC Pork Posole 1 6in flour tortilla 1c Rivera Blend 1c Tropical Fruit salad 1/2c FF Vanilla ice cream	Thursday 10 Green Chile Chicken Alfredo 1c Italian blend vegetables Wheat roll 1 tsp margarine 1 5c Tossed salad 2 TBSP light Italian Dressing 1c Fruit salad	Friday 11 Turkey & Cheese Wrap 1/2c LS Potato Salad 1/2c Baby carrots Fresh pear
Monday 21 3/4c Beef Stroganoff 1/4c Mushrooms 1/2c Egg Noodles 1c Capri Vegetables 3/4c Tossed salad 1 TBSP light ranch dressing 1c Plums	Tuesday 15 Cheeseburger 1/3c NAS Baked French fries 3/4c Broccoli 1 tsp margarine 1c Watermelon	Wednesday 16 Came Adovada, 1/2c Pinto Beans 1/2c Yellow Squash 1 6in Flour Tortilla 1c Honeydew Chunks	Thursday 17 1c LS Lentil Soup 1 5c Tossed salad 2 TBSP light ranch dressing Wheat roll 1 tsp margarine 1c cinnamon applesauce 1/2c Light sugar free nonfat vanilla yogurt Mon	Friday 18 Classic Chicken Salad Sandwich 1/2c LS cold beets 1/2c LS three bean salad Orange
Monday 28 1c Chicken Noodle Soup 1 5c Tossed salad 2tbsp Light Ranch dressing, 1 Wheat Roll 1 tsp margarine 1c Mixed Berries 2 TBSP whipped topping	Tuesday 22 1c Vegetable Soup 1oz Cornbread 1 5c Tossed salad w/ 1 HB Egg 2 TBSP light ranch dressing 1c Light sugar free nonfat vanilla yogurt 1c Fruit cocktail	Wednesday 23 3.5oz Salisbury Steak 1/3c LS Herb roasted red potatoes 3/4c LS Roasted Brussel sprouts Wheat roll 1 tsp margarine 1c Strawberries and bananas	Thursday 24 1c G.C Chicken Enchiladas 1/2c Pinto Beans 1c Chateau blend vegetables 1c Mandarin Oranges & Pineapple	Friday 25 Egg Salad Sandwich Spinach Salad 2 TBSP light ranch dressing 1c Light sugar free nonfat vanilla yogurt 3/4c Peaches
	Tuesday 29 3.5oz Meatloaf 2oz Beef Gravy 1/3c LS parsley potatoes 1c winter blend vegetables Wheat roll 1 tsp margarine Banana Peanut butter cookie	Wednesday 30 Pulled Pork Sandwich 1/2c LS Black eyed peas 1/2c collard greens w/ 1/4c chopped onions 1c Tropical Fruit salad		