



2% milk served at meals

Rio Arriba County Senior Centers February 2026

<p>Monday 2 1c Green Chile Chicken Stew (3oz Cooked Chicken, 1/4c GC, potatoes, onions) 1.6 Flour Tortilla 1/2c Spinach 1/2c calabacitas 1c Fruit Cocktail</p>	<p>Tuesday 3 3/4c Lasagna (3 oz. Beef, 1 oz. Cheese, 1 oz. Tomatoes Sauce, 1/4c Noodles) 1c Italian blend 1.5c Tossed salad w/ 2 TBSP Light Italian Dressing Wheat roll 1c Apricots</p>	<p>Wednesday 4 4 oz. Carne Adovada (3oz Pork, 2oz RC sauce) 1/2c Pinto beans 1c Capri vegetables 1 6 in Flour Tortilla Orange</p>	<p>Thursday 5 Salisbury Steak 3oz LS Salisbury Steak 2oz LS Brown Gravy, 1/3c Mashed Potatoes 1c Vegetables Medley Wheat Roll w/ 1TBSP Unsalted Butter 1 Medium apple</p>	<p>Friday 6 4 oz. BBQ Chicken (3oz Chicken breast, 2 TBSP BBQ sauce) 1/2c NAS stewed tomatoes 1/2c green beans 1oz Cornbread 1 Fresh pear</p>
<p>Monday 9 Calabacitas & Beans 1/2c Calabacitas, 1oz Cheese 1/2c broccoli 1/2c LS pinto beans 1/2c LS Spanish rice 1c Pineapple chunks</p>	<p>Tuesday 10 3 oz. Baked Pork Chop 2oz LS Pork Gravy 1/2c Lemon Herb Orzo 1c Bahama blend Vegetables 1.5c Tossed salad 1 TBSP light Italian dressing 1/2c Applesauce</p>	<p>Wednesday 11 1c Shepherd's Pie w/ green chili (3oz Beef, 1/4c Peas and carrots, 1/4c mashed potatoes, 2 TBSP GC) 1.5c Tossed salad 1 TBSP light Italian dressing Wheat roll 1c Tropical Fruit salad</p>	<p>Thursday 12 3/4c Arroz Con Polio 3 oz Chicken, 1oz Sauce, 1/2c Rice 1.5c Tossed Salad 2 T light Italian Dressing, 1c Strawberries and bananas 1 slice Angel food cake 1 TBSP whipped topping</p>	<p>Friday 13 Beef Taco (2 taco shells, 1/2c lettuce and tomato, 2 TBSP salsa) 1/2c Pinto beans 1c Chateau blend vegetables 1/2c Light sugar free nonfat vanilla yogurt 1/2c mandarin oranges</p>
<p>Monday 16 RAC CLOSED</p>	<p>Tuesday 17 1c Chicken Noodle Soup (3 oz. Chicken, 1 oz. Broth, 1/4c Noodles, 1/4c onion, celery, carrots) 1.5c Tossed salad w/ 2 TBSP light Italian Dressing Wheat roll w/ 1 tsp margarine 1c Fruit salad</p>	<p>Wednesday 18 1c Chicos & Beans (3/4c Beans, 1/4c Chicos 2oz Red Chili sauce) 1c chateau Blend Vegetables w/ 1 tsp margarine 1 6inch Tortilla 1/2c Fruit Cocktail</p>	<p>Thursday 19 1c Chicken Pot Pie (3oz Chicken, 1/4c Mixed Vegetables, 1oz Crust, 1/4c sauce), 1c California blend vegetable, wheat roll w/ 1 tsp margarine 1c Died Pears</p>	<p>Friday 20 Pork Tamales 1 pork Tamale, 1c (1.5oz Pork, 1/3c masa) 2oz RC sauce 1/2c Pinto beans .1c Capri vegetables 1c Grapes</p>
<p>Monday 23 3 oz Chicken Breast 1/3c Mashed Potatoes 2oz LS gravy 3/4c Broccoli w/ 2 tsp margarine Wheat roll w/ 1 tsp margarine 1c Apricots</p>	<p>Tuesday 24 1c LS Beef Stew (3oz Beef, 1/3c Potatoes, carrots, onion, celery) 1/2c LS beets 1.5 Tossed Salad 2 TBSP Light Italian dressing 1oz cornbread w/ 2 tsp margarine 1c Tropical Fruit salad</p>	<p>Wednesday 25 Chicken Stir Fry (3oz Diced Chicken, 1oz Sauce) 3/4c Sir Fry Vegetables w/1/3c snow peas 1/2c Brown Rice 1/2c Mandarin Oranges Fortune Cookies</p>	<p>Thursday 26 6oz Cheese Enchiladas (1 oz. Cheese, 2oz. Red Chile, 2 Corn Tortillas) 1/2c Pinto Beans 1.5c Tossed Salad 2 TBSP Light ranch dressing banana</p>	<p>Friday 27 Spaghetti w/ Meat Sauce (1/2c Spaghetti, 6oz meat sauce (3oz meat, 3oz no added salt Marinara Sauce) 1c Italian Blend 1.5c Tossed salad 2 TBSP Light Ranch dressing 1c mango chunks</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: 4	Days in Week: 5	Days in Week: n/a



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Calories	700 or more	708.5	711.0	715.5	705.4	
% Carbohydrates from Calories	45-55%	51.6	51.4	52.8	50.1	
% Protein from Calories	15-25%	22.0	21.0	19.5	21.5	
% Fat from Calories	25-35%	26.4	27.6	27.8	28.3	
Saturated Fat	less than 8g	8.0	8.0	7.2	7.8	
Fiber	10g or more	13.7	11.3	13.5	11.7	
Vitamin B-12	.8ug or more	2.2	2.4	1.3	2.4	
Vitamin A	300ug RAE or more	513.8	510.8	391.7	746.1	
Vitamin C	30mg or more	42.1	81.1	37.9	80.6	
Iron	2.6mg or more	5.2	4.3	4.1	4.2	
Calcium	400mg or more	501.6	488.0	423.6	469.7	
Sodium	less than 766mg	720.7	765.4	701.8	761.0	

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