



## Rio Arriba September 2022

<p><b>All Meals Served with 8 oz. 2% Low Fat Milk</b></p>	<p><b>Menus subject to change without notice</b></p> <p><b>Congregate Meal</b>  <b>Serving Hour 11:30am - 12:30pm</b></p>		<p><b>Thursday 1 2022</b>            Chicken Alfredo            (3 oz. Chicken, 1 oz Alfredo Sauce, 1/2c Noodles)            1/2c Broccoli            1c Tossed Salad 2t Dressing            1 Garlic Bread Stick            1/2c Oranges In 1/2c Gelatin</p>	<p><b>Friday 2, 2022</b>            Tamales            1/2c Beans            1/2c Spanish Rice            1c Tossed Salad W/            2T Low Fat Dressing            1/2c Pineapple Tidbits</p>
<p>Monday 5, 2022</p> <p>Closed Labor Day</p>	<p><b>Tuesday 6, 2022</b>            3 oz. Fish Patty            1c Mac &amp; Cheese            1/2c Warm Carrots            1/2c Cucumber Coins            1 Sl. Cornbread W/ 1 Tsp. Margarine            1/2c Peaches</p>	<p><b>Wednesday 7, 2022</b>            4 oz. BBQ Pork Rib            1/2c Potato Salad            1/2c Mixed Veggies            1c Tossed Salad W/ 2T Low Fat Dressing            1 Wheat Roll W/ 1 Tsp. Margarine            1/2c Plums</p>	<p><b>Thursday 8, 2022</b>            Chicken Quesadilla            (3 oz. Chicken, 1 oz. Cheese, 1 Tortilla)            3/4c Zucchini            1/2c Corn Salsa            1/2c Mandarin Oranges</p>	<p><b>Friday 9, 2022</b>            1 1/2c Lentils            1c Parsley Carrots &amp; Green Beans            1 Biscuit            1/2c Fresh Watermelon</p>
<p><b>Monday 12, 2022</b>            Arroz Con Pollo            (3 oz. Chicken, 1 oz. Sauce, 1/2c Rice) 1/2c Carrots            1c Tossed Salad W/            2T Low Fat Dressing            6 Crackers            1/2c Apricots</p>	<p><b>Tuesday 13, 2022</b>            Patty Melt            (3 oz. Beef, 1 oz. onion, Cheese)            1c Sweet Potatoes Fries            1/2c Broccoli            1 Sl. Bread 1 Apple</p>	<p><b>Wednesday 14, 2022</b>            Pork Posole            (3 oz. Pork, 1 oz. Green Chile, 1/2c Hominy)            1c Spinach W/ Mushrooms            1 Wheat Roll W/ 1 Tsp. Margarine            1 Sl. Strawberry Jell- O Cake</p>	<p><b>Thursday 15 2022</b>            4 oz. BBQ Chicken            1/2c Buttered Rice            1c Mixed Vegetables            1/2c Coleslaw            1 Sl. Cornbread W/ 1 Tsp. Margarine            1/2c Pineapple Tidbits</p>	<p><b>Friday 16, 2022</b>            Tuna Sandwich            (1/2c Tuna Salad, 2 Sl. Bread)            1/2c Peas &amp; Carrots            1/2c Beets            1c Apple Juice</p>
<p><b>Monday 19, 2022</b>            Chicken Noodle Soup            (3 oz. Chicken, 1 oz. Broth, 1c Noodles)            1c Green Beans W/ Tomatoes            6 Crackers            1/2c Sliced Apples</p>	<p><b>Tuesday 20, 2022</b>            Cheese Burger            (3 oz. Beef, 1 oz. Cheese, 1 Bun, 1/2c Lettuce, Tomato &amp; Onion)            1/2c Coleslaw            1 oz. Potato Chips            1c Fruit Cocktail</p>	<p><b>Wednesday 21 2022</b>            4 oz. Carne Adovada            1c Papas Fritas            1c Green Beans            1 Tortilla            Melon</p>	<p><b>Thursday 22, 2022</b>            Green Chile Stew            (3 oz. Pork, 1 oz. Green Chile, 1/2c Carrot &amp; Potato)            1c Tossed Salad W/            2T Low Fat Dressing            1 Wheat Roll W/ 1 Tsp. Margarine            1/2c Pears</p>	<p><b>Friday 23, 2022</b>            Ham &amp; Cheese Sandwich            (2 oz. Low Sodium Ham, 1 oz. Cheese,            2 Sl. Bread, 1/2c Lettuce &amp; Tomatoes)            3/4c Tomato Juice            1 oz. Potato Chips            1 Fresh Apple</p>
<p><b>Monday 26, 2022</b>            Beef Stroganoff            (3 oz. Beef, 1 oz. Sauce, 1c Noodles)            1/4c Green Chile            1c Tossed Salad W/ 2T Low Fat Dressing            1 Wheat Roll W/ 1 Tsp. Margarine            1/2c Plums</p>	<p><b>Tuesday 27, 2022</b>            Chicken Divan            (3 oz. Chicken, 1oz. Cheese, 1/2c Broccoli) 1/2c Corn            1/2c Cucumber Coins            1 Wheat Roll W/ 1 Tsp. Margarine 1/2c Applesauce</p>	<p><b>Wednesday 28, 2022</b>            4 oz. Mama's Meatloaf            1/2c Mashed Potatoes /            1 oz. Low Sodium Gravy            1/2c Spinach            1c Tossed Salad W/ 2t Low Fat Dressing            1 Wheat Roll W/ 1 Tsp. Margarine            1/2c Peaches</p>	<p><b>Thursday 29, 2022</b>            Pork, Cabbage &amp; Green Chile            (3 oz. Pork, 1/2c Cabbage, 1/4c Green Chile)            1/2c Corn            1 Tortilla            1/2c Pears</p>	<p><b>Friday 30, 2022</b>            Chile Relleno            Beans 4oz            1c Peas &amp; Carrots            1 Tortilla            Peaches</p>



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## 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: 4	Days in Week: 5	Days in Week: 5	Days in Week: 3
<b>Calories</b>	700 or more	889	703	761	748	730
<b>% Carbohydrates from Calories</b>	45-55%	53.8%	49.5%	47.7%	50.5%	48.3%
<b>% Protein from Calories</b>	15-25%	21.2%	25.3%	25.2%	24.2%	25.6%
<b>% Fat from Calories</b>	25-35%	25%	25.2%	27.1%	25.3%	26.1%
<b>Saturated Fat</b>	less than 8g	8g	8g	8g	8g	8g
<b>Fiber</b>	10g or more	12g	12.9g	11.7g	10.1g	14.9g
<b>Vitamin B-12</b>	.8ug or more	13.9ug	2.1ug	2.3ug	2.2ug	2.9ug
<b>Vitamin A</b>	300ug RAE or more	2128.6ug	716.9ug	466.1ug	450.7ug	561.8ug
<b>Vitamin C</b>	30mg or more	66.4mg	85.1mg	77.4mg	82.5mg	124.6mg
<b>Iron</b>	2.6mg or more	7.9mg	7mg	6.4mg	5mg	6.3mg
<b>Calcium</b>	400mg or more	539.7mg	688.9mg	559.4mg	620.9mg	585.1mg
<b>Sodium</b>	less than 766mg	564.5mg	711.9mg	569.6mg	673.5mg	492.2mg

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.

Jennifer Pas, RD, LD