



Rio Arriba AUGUST 2022

<p>Aug 1, 2022 3 oz. Baked Chicken 1/2c Mashed Potatoes / 1 oz. Low Sodium Gravy 1/2c Mixed Vegetables 1/2c Coleslaw 1 1 Wheat Roll w/ 1 tsp. Margarine 1/2c Apple Slices</p>	<p>Aug 2, 2022 Cheese Burger (3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce , Tomato, Onion & Pickle, 1 Bun) 1/2c Oven Fries 1/2c Cucumber Coins 1/2c Applesauce</p>	<p>Aug 3, 2022 4oz. Chicken Adovada 1/2c Pinto Beans 1/2c Spinach 1 Tortilla 1/2c Pineapple Tidbits</p>	<p>Aug 4, 2022 4oz. Mama's Meatloaf 1/2c Mixed Vegetables 1c Tossed Salad w/ 2T Low Fat Dressing 1 Wheat Roll w/ 1 tsp. Margarine 1/2c Mandarin Oranges</p>	<p>Aug 5, 2022 (3 oz. Turkey, 1 oz. Cheese, 1/2c Lettuce, Tomatoes, 2 Sl. Bread) 1/2c Tomato Juice 1c Macaroni Salad w/ Vegetables 1/2c Pears</p>
<p>Aug 8, 2022 Chicken Divan (3 oz Chicken, 1/2c Broccoli, 1 oz. Sauce) 1/2c Corn 1/2c Carrot Raisin Salad 1 Wheat Roll w/ 1 tsp. Margarine 1/2c Apricots</p>	<p>Aug 9, 2022 Papas Con Carne (3 oz. Beef, 1/2c Potato) 1/2c Pinto Beans 1/2c Spinach 1 Tortilla 1/2c Pineapple</p>	<p>Aug 10, 2022 4 oz. BBQ Chicken 1/2c Potato Salad 1/2c Mixed Vegetables 1c Tossed Salad w/ 2T Low Fat Dressing 1 Wheat Roll w/ 1 tsp. Margarine 1/2c Fruit Cocktail</p>	<p>Aug 11,2022 3oz. Sweet and Sour Pork 1c Rice 1c Oriental Vegetables Vegetables egg rolls Fortune Cookie 1/2c Pears</p>	<p>Aug 12 2022 Tuna Salad Sandwich (1/2c Tuna Salad, 2 sl. Bread) 1/2c Cucumber Coins 1/2c Tomato & Onion Salad 1 Fresh Oranges</p>
<p>Aug 15, 2022 Chile Dog (1 oz. Beef Frank, 2 oz. Beef Chile, 1 Bun) 1/2c Coleslaw 1/2c Warm Carrots 1c Corn 1c Melon</p>	<p>Aug 16, 2022 G.C Chicken Enchiladas (3 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 oz. Corn Tortillas) 1/2c Pinto Beans 1/2c Lettuce & Tomato 3/4c Warm Broccoli 1/2c Fruit Cocktail</p>	<p>Aug 17, 2022 Pork Posole (3 oz. Pork, 1 oz. Red Chile, 1/2c Hominy) 3/4c Spinach 1 Wheat Roll w/ 1 tsp. Margarine 1 sl. Strawberry Cake</p>	<p>Aug 18, 2022 Beef Soft Tacos (3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas) 1/2c Lettuce & Tomato 1 oz. Salsa 1/2c Warm Carrots 1/2c Grapes</p>	<p>Aug 19 2022 Breakfast Burrito (3 med. Eggs, 1 oz. Low Sodium Ham, 1 oz. Cheese, 1 Tortilla) 1/2c Hash Brown 1/2c Green Chile 1c Orange Juice</p>
<p>Aug 22, 2022 3 oz. Chicken Patties 1/2c Mashed Potatoes 1 oz. Gravy 1/2c Cucumber Coins 1/2c Brussels Sprouts 1 Wheat Roll w/ 1 tsp. Margarine 1c Fresh Watermelon</p>	<p>Aug 23 2022 Frito Pie (3 oz. Beef, 1 oz. Cheese, 2 oz. Red Chile, 3/4c Lettuce, Tomato, 1oz. Fritos) 1/2c Spanish Rice 1/2c Fresh Apples</p>	<p>Aug 24 2022 Chicken Soft Tacos (3 oz. Chicken, 1 oz. Cheese, 2 Corn Tortillas) 1/2c Lettuce & Tomato 1 oz Salsa 1c Broccoli 1c Fresh Cantaloupe</p>	<p>Aug 25, 2022 Turkey & Cheese Sandwich (3 oz. Turkey, 1 oz. Cheese, 1/2c Lettuce, Tomatoes, 2 Sl. Bread) 1/2c Tomato Juice 1c Macaroni Salad w/ Vegetables 1 Fresh Oranges</p>	<p>Aug 26, 2022 3 oz. Roasted Pork 1/2c Mashed Potatoes 1 oz Low Sodium Gravy 1/2c Peas 1/2c Carrots 1 Roll w/ 1 tsp. Margarine 1/2c Fruit Cocktail in 1/2c Jell-O</p>
<p>MONDAY 29 2021 1/2c Spaghetti w/ 1/2c Meat Sauce 1c Tossed Salad w/ 2T Low Fat Dressing 1c Mix Vegetable 1 Wheat Roll w/ 2T Low Fat Dressing 1/2c Pineapple Tidbits</p>	<p>TUESDAY 30, 2021 Pork Red Chile Stew (3 oz. Pork, 1/4c Potato, 1/4c Carrots, 1 oz. Red Chile) 1/2c Broccoli Normandy 1 Wheat Roll w/ 1 tsp. Margarine 1/2c Fruit Cocktail</p>	<p>Aug 31, 2022 3 oz. Chopped Steak 1/2c Mashed Potato 1 oz. Low Sodium Gravy 1/2c Carrots Raisin Salad 1 Wheat Roll w/ 1 tsp. Margarine 1/2c Mandarin Oranges</p>	<p>All Meals Served with 8 oz. 2% Low Fat Milk</p>	<p><i>*Menu subject to change according to availability of product</i></p>



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week	Menu Week 2	Menu Week 3	Menu Week 4
		Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700 or more	731.6	706.9	716.5	737.3
% Carbohydrates from Calories	45-55%	48.6%	49.7%	46.6%	49.4%
% Protein from Calories	15-25%	25.8%	22.9%	24%	25.1%
% Fat from Calories	25-35%	25.5%	27.4%	29.4%	25.6%
Saturated Fat	less than 8g	6.3g	5.5g	7.9g	6.6g
Fiber	10g or more	12.6g	11.6g	11.4g	12.1g
Vitamin B-2	.8ug or more	2.4ug	2.3ug	2.5ug	2.1ug
Vitamin A	300ug RAE or more	711.2ug	743.7ug	793.4ug	716.6ug
Vitamin C	30mg or more	63.5mg	50.4mg	166.6mg	99.3mg
Iron	2.6mg or more	6.3mg	5.6mg	6mg	5.2mg
Calcium	400mg or more	529.7mg	437.3mg	596.8mg	551.8mg
Sodium	less than 766mg	569.1mg	592.4mg	708.3mg	541.9mg

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-2, 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.

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