



2% milk served at meals

Harding County Senior Center March 2026

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
1c Chicken Caldito (3oz Chicken, 3/4c potato, corn, squash, carrots, cabbage) 1c Italian Blend Vegetables 1 6in Tortilla 1/2c Fruit Cocktail	3.5oz Meatloaf 1/3c Mashed Potatoes w/ 2oz LS Gravy 1c California blend vegetables 1 Wheat Roll Orange	Smothered Bean Burrito (1/2c LS Pinto Beans, 1 oz. Cheese, 1 8 in Tortilla, 2 oz. Red Chile Sauce) 1c Spinach & Mushrooms 1/2c Apricots 1/2c Light (SF) Vanilla Nonfat Yogurt	Soft Beef Taco (3oz Beef, 1/2c Lettuce and tomato, 1 6in flour tortilla) 1/2c LS Pinto Beans 1/2c Calabacitas 1/2c Fruit Cocktail	4oz LS Baked Cat Fish 1 TBSP Tartar Sauce 1/3c NAS Baked French Fries 1c Coleslaw w/ 2 TBSP Dressing Wheat bread w/ 1tsp margarine 1c Tropical Fruit salad
9 3oz Hamburger Steak w/ 2oz LS Gravy 1/2c Brown Rice 1c Vegetable medley 1c Fruit Salad	10 3oz Pork Chop w/ 2oz LS Gravy 1/3c Mashed Potatoes 3/4c Brussel sprouts Wheat Roll w/ 1 tsp margarine Banana	11 Chicken Fajitas (3oz Chicken, 1/2c Peppers and onions, 2 TBSP salsa, 1 6 in flour Tortilla) 1/2c LS Pinto Beans 1c Capri Vegetables w/ 1 tsp margarine 1 Peanut Butter Cookie	12 Sloppy Joes (3oz Beef, 1/4c Sauce, 1 Bun 1/2c Peppers and onions, hamburger bun) 1/3c Potato Wedges 3/4c Carrots 1/2c Peaches	13 Fish Tacos (4oz LS Cod, 2 corn tortilla), 1/2c Coleslaw 1 TBSP Light Ranch Dressing, 1c LS pinto beans & NAS Diced Tomatoes 1/2c Mixed fruit
16 Classic Hamburger (1 bun, 3oz Patty, 2 TBSP GC, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion) 3/4c Green beans 1/2c NAS Baked French Fries 1c Grapes	17 Corned Beef and Cabbage (2oz Corned Beef, 1c Cabbage and Carrots) 1/3c Irish Diced Potatoes 1 sl. Wheat bread w/ 1 tsp margarine 1c Berries 1oz white cake 1/2c Light Vanilla nonfat yogurt	18 Chicken Parmesan over Linguini (3oz Parm Crusted Chicken, 3oz NAS marinara Sauce) 1/2c Linguine 1c Chateau blend vegetables 1c Apricots	19 Frito Pie (1oz corn chips, 1oz Beef, 2oz RC, 1/2c Lettuce and tomato, 1/8c onion) 1/2c LS Pinto Beans 1/2c Spanish Slaw 1/2c Spinach 1/2c Pineapple Tidbits In 1/2c SF Gelatin	20 Tuna Salad Sandwich (3/4c tuna salad (3oz Tuna), 2 slices wheat bread, 1/2c lettuce and tomato) 1/2c cold beets 1/2c cucumber slices 1c Fruit salad



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23	24	25	26	27
Green Chile Cheese Chicken Sandwich (3oz Chicken Breast, 1/2c Lettuce, and tomato, 0.5oz American Cheese, 1oz GC, 1 WWV bun) 1/3c Green peas 3/4c LS LF Broccoli Salad 1c Tropical Fruit salad 30	Sweet and Sour Pork (3oz diced pork, 2 TBSP sauce) 1/2c Brown Rice 1c Stir Fry Vegetables 1c Mandarin oranges and pineapple chunks 31	Chicken Fajita stuffed baked potato (3oz chicken, 1/2c peppers & onions, 1/2 baked potato) 1.5c Tossed salad w/ 2 TBSP light ranch dressing Wheat bread. 1c Fruit cocktail	3oz Tamale W/Red Chile (1.5oz. Pork, 2oz Red Chile sauce, 1/3c masa) 1/2c LS Pinto beans 1/3c LS Spanish Rice 1c Capri vegetables 1/2c Applesauce	3/4c Tomato Macaroni (1/2c Macaroni, 1oz Mozzarella cheese) 1/4c NAS marinara Sauce) 1c Vegetable medley 1c Light (SF) nonfat vanilla yogurt 1c Strawberries
Orange Chicken 3 oz diced chicken 2 oz sauce 1/2c steamed Brown Rice w/ 1 tsp margarine 1c Oriental Veggie w/ 1 tsp margarine 1 Vegetable egg roll 1/2c pineapple chunks	6oz Green Cheese Cheese Enchilada 2 corn tortilla, 2 oz RC sauce, 1oz cheese, 1/2c lettuce and tomato 1/2c pinto Beans 1c California Blend Vegetables w/ 1 tsp margarine 1/2c SF Gelatin with 1/2c berries	Roy Senior Center Roy, NM 87743 575-485-2639	Homesteader Senior Center 24 Main St. Mosquero, NM 87733 575-673-2310	HAPPY SAINT PATRICK'S DAY MARCH 17



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1 Days in Week: 5	Menu Week 2 Days in Week: 5	Menu Week 3 Days in Week: 5	Menu Week 4 Days in Week: 5	Menu Week 5 Days in Week: 2
Calories	700 or more	715.7	726.7	712.6	701.1	700.3
% Carbohydrates from Calories	45-55%	47.8	49.0	50.9	53.0	53.0
% Protein from Calories	15-25%	23.9	23.6	19.5	20.4	21.5
% Fat from Calories	25-35%	28.3	27.4	29.6	26.8	25.5
Saturated Fat	less than 8g	7.9	7.8	8.0	7.9	6.6
Fiber	10g or more	12.8	11.3	11.5	10.2	12.3
Vitamin B-12	.8ug or more	2.1	2.9	2.7	1.4	1.4
Vitamin A	300ug RAE or more	426.6	491.4	546.8	327.9	333.5
Vitamin C	30mg or more	64.7	55.8	43.8	85.2	33.6
Iron	2.6mg or more	5.1	4.9	5.3	3.4	3.3
Calcium	400mg or more	519.2	449.9	500.8	4954.3	521.6
Sodium	less than 766mg	694.0	572.3	675.9	624.2	652.6

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 February 22, 2025