



2% milk served

Harding County February 2026

Monday 2, 2026 Steak Ranchero (3oz Salisbury steak 1oz onion, tomato, green chile and cheese sauce) 1/2c LS Spanish Rice 1/2c LS Pinto Beans 1/2c LS Cilantro Lime Cucumber Salad 1/2c Peach Crisp	Tuesday 3, 2026 Grilled Cheese Sandwich (1oz cheese, 2 slices WW Bread) 1c LS Tomato Soup 1c Spinach Salad (1c baby spinach, 1/8c red onion, 1/4c tomatoes, 1/4 HB egg, 1 TBSP Cranberries) 2 TBSP light ranch dressing 1c Tropical fruit salad 1c Light (SF) nonfat vanilla yogurt	Wednesday 4, 2026 Spaghetti w/ Meat Sauce (3 oz meat, 3oz LS sauce, 1/2c noodles) 1c Italian Blend Vegetables 1.5c Garden Salad w 2T Light Ranch Dressing 1/2c SF Gelatin	Thursday 5, 2026 4 oz Roasted Drumstick (EP) 1/3c LS Mashed Potatoes 2oz LS Gravy 1/2c Green Beans with 1/4c Mushrooms 1/2c Carrot Raisin Salad Wheat roll w/ 1 tsp margarine 1/2c Pineapple	Friday 6, 2026 Navajo Taco (1oz Fry bread, 3oz Ground Beef, 1/2c Pinto beans, 1/2c lettuce and 1/4c Tomato, 1/8c Onions, 2 TBSP Salsa) 1/2c Calabacitas 1/2c Spinich 1c Fruit salad
Monday 9, 2026 Pulled Pork Sandwich (3oz Pulled pork w/ 1oz Vinegar sauce, 1 WW Hamburger Bun) 1c Coleslaw w/ 2 TBSP dressing 1/2c LS cucumber and tomato salad 3/4c Peaches	Tuesday 10, 2026 Spaghetti w/ Meat sauce (1/2c pasta, 6 oz sauce (3oz meat, 3oz NAS marinara Sauce) 1c Italian blend vegetables 1.5c Tossed salad w/ 2 TBSP light Italian Dressing Garlic bread 1c Tropical Fruit salad	Wednesday 11, 2026 4oz L.S Herb Tilapia 2 TBSP tartar sauce 1/2c LS Wild/brown rice blend 1c California blend vegetables 1c Mandarin oranges	Thursday 12, 2026 1c Ham and Beans (1/2c LS Pinto beans, 2oz LS ham) 1/2c Peppers and onions 1/2c LS LF broccoli salad 1 oz Cornbread w/ 1 tsp margarine 1c Mixed Fruit	Friday 13, 2026 Chicken Fajitas (3oz Chicken, 1/2c Peppers and onions, 1 6in flour tortilla, 2 TBSP salsa) 1c Capri Vegetables Banana



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Monday 16, 2026 1c Lasagna (3 oz. Beef, 1 oz. Cheese, 1 oz. Tomatoes Sauce, 1/2c Noodles). 1c Italian blend 1.5c Tossed salad w/ 2 TBSP Light Italian Dressing Wheat roll 1c Apricots	Tuesday 17, 2026 Chicken Soft Taco (3 oz. Chicken, 0.5oz. Cheese, 2 Corn Tortilla, 1/2c Lettuce and tomato, 2 TBSP Salsa) 1c Chateau blend vegetables 1c Tropical Fruit	Wednesday 18, 2026 ASH WEDNESDAY Tuna Salad Sandwich (67oz. Tuna Salad (3oz Light Tuna), 2 sl. Wheat Bread, 1/2c lettuce and tomato) 1c LS Tomato soup 1/2c Cold Beets 1c Pineapple Tidbits and Strawberries	Thursday 19, 2026 Cheese Enchiladas (1oz. Cheese, 2oz. Red Chile sauce, 2 Corn Tortillas) 1/2c Pinto Beans 1.5c Tossed Salad w/ 2 TBSP light Italian Dressing 1c Diced Pears	Friday 20, 2026 Broiled Cod with Paprika (3oz Cod) 1/2 c Brown Rice 1/2 c Green Beans 1/2 c Cole Slaw 6 Crackers Banana
MONDAY 23, 2026 Chili Dog (1oz turkey frank, 4oz Chili con carne, 2oz meat, 2oz sauce) 1/2 WW hot dog bun) 1/3c NAS Potato Wedges 3/4c Italian beans w/ 1 tsp unsalted butter 1/2c Light (SF) Vanilla nonfat yogurt 1c Fruit Salad	TUESDAY 24, 2026 1c Green Chili Chicken Posole (2 TBSP GC, 3oz Chicken, 1/2c hominy) 1.5c Tossed salad w/ 2 TBSP light ranch dressing 1 6 in flour tortilla Fresh Pear	WEDNESDAY 25, 2026 Grilled Cheese (1 oz cheese, 2 ww slices wheat bread) 1c NAS Veggie Soup w/ 1/2c Red Kidney Beans 1 Hard Boiled Egg 1c Mandarin oranges and Pineapple Tidbits	THURSDAY 26, 2026 3oz Meatloaf 1/3c LS Mashed Potatoes 1c California blend vegetables 1 WW Roll w/ 1 tsp unsalted butter 3/4c Plums	FRIDAY 27, 2026 Lemon Pepper Tilapia (3 oz Tilapia) 2 TBSP Tartar Sauce (3 oz Tilapia) 1/2 c Tator Tots 1/2 c Asparagus 1WW Roll 1c Garden Salad 1/2 c Apricots
Occasionally we must substitute a food item. We apologize for any inconvenience.	Homesteader Senior Center 24 Main St. Mosquero NM 87733 575-673-2310	Roy Senior Center Roy, NM 87743 575-485-2639	Happy Valentine's Day February 14th	Happy Birthday Virginia February 14 Rita February 28

Nutrient Table



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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:
Calories	700 or more	837.3	714.3			
% Carbohydrates from Calories	45-55%	50.6	50.6			
% Protein from Calories	15-25%	21.4	22.3			
% Fat from Calories	25-35%	28.0	27.1			
Saturated Fat	less than 8g	8.0	6.7			
Fiber	10g or more	14.1	10.1			
Vitamin B-12	.8ug or more	2.9	2.4			
Vitamin A	300ug RAE or more	529.9	367.5			
Vitamin C	30mg or more	54.8	89.3			
Iron	2.6mg or more	6.7	3.8			
Calcium	400mg or more	598.8	427.2			
Sodium	less than 766mg		707.2			

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

North Central New Mexico Economic Development District

Council of Governments

Non-Metro Area Agency on Aging