



2% milk served at meals

Harding County Center August 2026

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Chicken Fajita & Baked Potato (3oz chicken, 1/2c peppers & onions, 1/2 potato) 1.5c Tossed Salad 2 TBSP light Italian Dressing Wheat roll 1/2c SF Gelatin 1 Orange	Chicken Alfredo (3oz Diced Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine) Garlic Knot 1c Italian Blend Vegetables Caesar Salad (1c Romaine lettuce, 1/2c tomatoes, 2 TBSP light Caesar Dressing 1c Pineapple	Green Chili Pork Stew (3oz pork, 1/2c potatoes, diced tomatoes, 1oz green chili) 1/2c Zucchini 3/4c Tossed salad w/ 1 TBSP light Italian Dressing 1 6in Flour Tortilla 1/2c Peaches 1/2c SF Gelatin	Meatloaf 3oz Meatloaf 1/3c Mash Potatoes 1oz LS Gravy 3/4c Carrots 1.5c Tossed Salad 2 TBSP light Italian Dressing Wheat roll 1c Mixed Fruit	CLOSED COUNTY FAIR
Monday 10 Salisbury Steak 3.5oz Salisbury Steak 1/3c Mashed Potato 2oz LS Gravy 1c California Blend Vegetables 1c Tossed Salad Wheat roll 1c Fruit salad	Tuesday 11 Green Chili Chicken Enchiladas (3oz Chicken 2 corn tortilla, 1oz GC, 0.5oz Cheese) 1/2c LS Pinto Beans 1c Yellow Squash and Zucchini (1/2c Lettuce and Tomatoes, 1/8c onion) 6 WW Crackers 1/2 c Plums	Wednesday 12 Chicken Fried Steak 3oz Chicken Fried Steak 2oz LS Country Gravy 1/3 Parsley Potatoes 3/4c Roasted Brussel Sprouts 1c Tossed Salad Wheat roll 1/2 Peaches	Thursday 13 RC Smothered Bean Burrito (1 8n Flour tortilla, 3/4c LS Pinto beans, .5oz Cheese, 2oz RC Sauce) 1/2 c Brown Rice 1c Chateau Blend Vegetables 1c Mandarin Orange	Friday 14 Beef stew (3oz beef, 1/3c Potatoes, carrots, onions) 1/2c LS beets 1.5c Tossed salad w/ 2 TBSP light Italian Dressing Corn Bread 1c Cantaloupe
Monday 17 Frito pie (3oz Beef, 2oz RC, 1oz Corn chips), 1/2c lettuce and tomato, 1/8c onion) 1/2c Pinto beans 1/2c Spinach 1 Pear	Tuesday 18 Herbed Baked Chicken 3oz Chicken Breast 2oz LS Chicken Gravy 1/3c Scalloped potatoes 1/2 c 3 Bean Salad 1c Tossed Salad Fruit Cocktail Wheat roll	Wednesday 19 GC Cheeseburger 3oz Beef, 1 Bun, 1 slice Cheese, 1 oz GC 1/2c Lettuce, 2 slices Tomato, 1 slice Onion 1/3c NAS Baked Fries 1c Capri Blend Vegetables 1c Mixed Berries 1/2c Light sugar free nonfat vanilla yogurt	Thursday 20 Fish Sandwich (4oz Fish Patty, 2 slices wheat bread, 1/2c lettuce) 2 TBSP Tarter Sauce Cucumber/Tomatoes Salad 3/4c Roasted Brussel sprouts 1/2c Peaches	Friday 21 Pepper steak 3oz beef, 1/4c onions and peppers 1/2c LS Brown Rice pilaf 1c California Blend vegetables 1c Tossed Salad 1 Banana



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Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Teriyaki Chicken (1 TBSP Teriyaki sauce, 3oz Diced Chicken,) 1/2c Brown Rice 1 Egg Roll 1c Asian Veggies 1/2c Mandarin Oranges & 1/2c Pineapple	Hot Turkey "Sandwich" (3 oz. Turkey, 1 sl. Wheat Bread, 2 oz. LS Gravy) 1/3c Sweet Potatoes. 1c Tossed Salad 3/4c Broccoli w/ 1 tsp margarine 1c Tropical Fruit salad	Pork Posole (3oz pork, 1/4c hominy, 2oz, Green Chile) 1/2c Spinich w/1 tsp margarine 1/2c Calabacitas 1 6in Flour Tortilla 1c Mandarin Oranges	Spaghetti w/ meat sauce (1/2c Spaghetti, 3oz ground meat, 3oz LS marinara Sauce) 1c Italian Blend Veg 3/4c Tossed salad 1 TBSP light Italian Dressing 1/2c Peaches	Ham & Cheese Sandwich (2oz LS lean ham, 1oz Swiss Cheese, 2 sl wheat bread, 1/2c Lettuce, 2 sl. Tomato) 1oz Sun Chips 3/4c LS Three Bean Salad 1/2c LS Cold Beets 1c Watermelon
Monday 31 3oz Baked Chicken thigh 1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms 3/4c Carrots 1 WW Roll 1c Tossed Salad w/ 1 TBSP light Ranch Dressing 1 Apple 1/2c SF Gelatin	Homesteader Senior Center 24 Main St. Mosquero, NM 87733 575-673-2310	Roy Senior Center 575 -485 -2639	MENU SUBJECT TO CHANGE	HARDING COUNTY FAIR AUGUST 6TH, 7TH, & 8TH Good Luck Participants

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 June 16, 2026

North Central New Mexico Economic Development District

Council of Governments

Non-Metro Area Agency on Aging