

Senior Center Menu	Horseshoe Bend	March 2020
<p>Nutrition Guidelines (Provides 1/3 RDA per meal & follows the 2015 DGA) The below lists the minimum to meet the Nutritional Guidelines. List your portions to verify they meet the guidelines.</p> <p>P: Protein/Meat 2 oz edible portion (Meat, poultry, egg, seafood, nuts, seeds, soy)</p> <p>V/F: Vegetable/Fruit 2 servings per meal ½ c cooked, canned, juice 1 c leafy greens, raw High Vitamin C daily High Vitamin A 2-3/wk</p> <p>G: Grain/Bread 2 servings per meal ½ cup (pasta, rice etc) 1 oz (breads) 50% to be whole grain/week</p> <p>D: Dairy 1 cup milk, yogurt or 1.5 oz natural cheese 2 oz processed cheese</p> <p>Dessert (optional)</p> <p>Example Only P: 3 oz Beef (Stir fry)V/F: ½ c broc, carrots, onion, peppers, mushroomsV/F: ½ c mandarin Oranges G: 1 c brown rice D: 1 c milk</p>	Tuesday	Friday
	3rd	6th
	P: 3oz Beans & Franks V/F: 1c Lettuce Salad V/F: 1/2c Potato Salad G: 2oz Corn Bread D: 8oz Milk	P: 3oz Fish Sticks V/F: 1/2c Cole Slaw V/F: 1/2c Fruit G: 1oz Breadding on Fish G: 1 WG Roll D: 8oz Milk
	10th	13th
	P: 2oz Roast Beef or Ham Wraps V/F: 1/2c Spinach/Tomato V/F: 1c Applesauce G: 1/2c Macaroni Salad G: 1 Tortilla D: 8oz Milk, 2oz Cheese	P: 4oz Baked BBQ Chicken V/F: 1c Potatoes V/F: 1c Mixed Greens Salad G: 2 Rolls D: 8oz Milk
	17th St. Patrics Day	20th
	P: 3oz Corned Beef V/F: 1c Cabbage & Carrots V/F: 1/2c Fruit G: 2 WG Rolls D: 8oz Milk	P: 2oz Groundbeef & Spaghetti V/F: 1c Lettuce Salad V/F: 1/2c Green Beans G: 1/2c Whole Grain Noodles G: 1 slice garlic bread D: 8oz milk
	24th	27th
	P: 3oz Chicken & Dumplings V/F: 1/2c Peas & Carrots V/F: 1/2c Oranges G: 4oz Dumplings D: 8oz milk	P: 3oz Beef Cheese Burger V/F: 1c Potato Fries & Fruit V/F: 1c Tomato, Lettuce, Onion G: 2 WG Buns D: 8oz milk
	31st	
P: 2oz Beef Fajitas V/F: 1/2c Peppers/Onions/Tomatoes V/F: 1c Lettuce G: 1 Flour Tortilla D: 8oz Milk, 2oz Cheese		