GALLUP DECEMBER 2016

8oz. 2% Milk Served with All Meals			THURSDAY 1, 2016 2 oz. Low Sodium Ham w/ 1/2c Scalloped Potatoes 1/2c Butter Peas 1/2c Carrot Salad 1 Slice Bread w/ 1 tsp. Margarine 1/2c Peaches	FRIDAY 2, 2016 Red Chili Enchiladas (3 oz. Beef, .5 oz. Cheese, 1 oz. Red Chile,2 Corn Tortillas) 1c Refried Beans 1/2c Spanish Rice 1 Flour Tortilla 1/2c Jell-O
MONDAY 5, 2016 4 oz. Catfish Nuggets 1/2c Coleslaw 1/2c Potato Wedge 1/2c Butter Corn 1 Roll w/ 1 tsp Margarine 1/2c Orange	TUESDAY 6, 2016 1 oz. Bacon Wrap & 2 oz. Pork Loin 1/2c Mashed Potatoes 1c Peas and Carrots 1/2c Garden Salad w/ 2T Low Fat Dressing 1 Roll w/ 1 tsp Margarine 1/2c Plums	WEDNESDAY 7, 2016 Chicken Cordon Blu (2 oz. Chicken, 1 oz. Cheese, .5 oz. Bacon) 1/2c Baby Carrot 1c Rice Pilaf 1 Roll w/ 1 tsp Margarine 1/2c Low Fat Sugar Free Vanilla Pudding	THURSDAY 8, 2016 Beef Stroganoff (3 oz. Beef, 1 oz. Sauce, 1/2c Noodles) 1/2c Zucchini 1/2c Diced Beets 1 Roll w/ 1 tsp Margarine 1/2c Pears	FRIDAY 9, 2016 2 oz. Low Sodium Ham and 3/4c Beans Soup 1/2c Tossed Salad W/ 2T Dressing 1 sl. Corn Bread 1/2c Baked Sliced Apples
MONDAY 12, 2016 1/2c Spaghetti w/ 4 oz. Meat Sauce 1/2c Steamed Broccoli 1 sl. Garlic Bred 1/2c Fruit Cocktail	TUESDAY 13, 2016 4 oz. Chicken Tetrazzini 1/2c California Blend 6 Crackers 1 piece Apple Crisp	WEDNESDAY 14, 2016 1 sl. Italian Sausage Pizza 1/2c Spinach 1/2c Apricots	THURSDAY 15, 2016 1c Clam Chowder 1/2c Green Beans 1 oz. Oyster Crackers 2 each Oatmeal Cookies	FRIDAY 16, 2016 Pork Posole (3 oz. Pork, 1 oz. Red Chile, 1/2c Hominy) 1 Flour Tortilla 1 sl. Cake
MONDAY 19, 2016 Grilled Cheese Sandwich (2 oz. Cheese, 2 sl. Bread) 1c Tomato Soup 1/2c Mixed Vegetable 1/2c Applesauce	TUESDAY 20, 2016 3 oz. Fried Chicken 1/2c Wild Rice 1/2c Carrots 1 Roll w/ 1 tsp Margarine 1/2c Mandarin Oranges	WEDNESDAY 21, 2016 4 oz. Creole Pork Chop 1c Pasta 1/2c Steamed Cauliflower 1 Slice Bread w/ 1 tsp Margarine 1/2c Pineapple	THURSDAY 22, 2016 3 oz. Low Sodium Baked Ham 1/2c Mashed Sweet Potatoes 1/2c Brussel Spouts 1 slice Rosemary Bread w/ 1 tsp Margarine 1/2c Plums	FRIDAY 23, 2016 SENIOR CENTER CLOSED CHRISTMAS HOLIDAY
MONDAY 26, 2016 SENIOR CENTER CLOSED CHRISTMAS HOLIDAY	TUESDAY 27, 2016 Ravioli (3 oz. Beef, 1 oz. Sauce, 1/2c Pasta) 1/2c Italian Blend 1c Tossed Salad W/ 2T Low Fat Dressing 1 sl. Garlic Bread	WEDNESDAY 28, 2016 Chicken Pot Pie (3 oz. Chicken, 1 oz. Sauce, 1/2c Veggies) 1/2c Green Beans 1c Greek Salad w/ 2T Low Fat Dressing 1 Roll w/ 1 tsp Margarine 1/2c Tropical Fruit	THURSDAY 29, 2016 Navajo Tacos (1/2c Beans, 2 oz. Beef, 1/4c Lettuce, 1/4c Tomato, 1 oz. Cheese, 1 Tortilla) 1c Watermelon	FRIDAY 30, 2016 Split Pea Soup W/Ham (2 oz. Low Sodium Ham, 3/4c Split Pea Soup) 1/2c Sliced Carrots 1 sl. Cornbread 2 each Oatmeal Cookie

North Central New Mexico Economic Development District

Council of Governments
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