



SANTA FE COUNTY AUGUST 2016

MONDAY 1, 2016 Bean / Beef Taco Salad (Beef, Beans, Cheese, Lettuce, Tomato, Salsa, Sour Cream) Beans Spanish Rice Honeydew	TUESDAY 2, 2016 Spicy Baked Fish w/tartar sauce Garden Salad w/Low fat Dressing Peas and Carrots Brown Rice Fruit Cup	WEDNESDAY 3, 2016 Sloppy Joes Cucumber Onion Salad Oven Baked French Fries w/ Ketchup Mixed Berries	THURSDAY 4, 2016 Green Chile Chicken Enchiladas Mexican Salad Beans Pound Cake w/Strawberries	FRIDAY 5, 2016 Grilled Ham and Cheese Mixed Vegetable Soup Glazed Carrots Diced Peaches W/ Cottage Cheese
MONDAY 8, 2016 Chicken BBQ Sandwich Potato Wedges w/ Ketchup Three Bean Salad Apricots	TUESDAY 9, 2016 Baked Meatballs w/ Parmesan Cheese Spinach Salad w/ Low fat Dressing Cauliflower Breadstick Cherry Cobbler	WEDNESDAY 10, 2016 Shepard's Pie (Beef, Vegetables, Gravy, Mashed Potatoes) Green Beans w/ Mushrooms WW Roll Sliced Oranges	THURSDAY 11, 2016 Low Sodium Ham with Beans and Peppers Spinach Cornbread Fruit Cup	FRIDAY 12, 2016 Tuna Salad Sandwich Beet and Onion Salad Roasted Red Potatoes Bread Sliced Apples
MONDAY 15, 2016 Chile Cheese Dog California Vegetables Sliced Cucumbers Chilled Pears	TUESDAY 16, 2016 Country Fried Steak Mashed Potatoes w/ Low Sodium Gravy Steamed Broccoli Breadstick Apple Crisp	WEDNESDAY 17, 2016 Sweet and Sour Pork w/ Soy Sauce Stir Fry Vegetables Steamed Rice Applesauce Cake Fortune Cookie	THURSDAY 18, 2016 Beef Fajitas (Beef, Cheese, Pepper, Onions Tortilla, Salsa, Sour cream) Pinto Beans Chuck Wagon Corn Mandarin Oranges	FRIDAY 19, 2016 Tuna and Shells Peas and Carrots Spinach Salad Cottage Cheese w/Fruit
MONDAY 22, 2016 Chicken Wrap (Chicken, Cheese, Tortilla, Lettuce, Tomato) Cucumber Salad Apricots Cookie	TUESDAY 23, 2016 Oven Baked Chicken Spinach Salad w/ Cucumbers, Onions & Low-fat Dressing Green Beans and Potatoes Garlic Toast Pineapple Upside Down Cake	WEDNESDAY 24, 2016 Meatloaf Mashed Potatoes w/ Gravy Asparagus WW Roll Peach Cobbler	THURSDAY 25, 2016 Braised Pork Chop Ranch Beans Brussel Sprouts Stuffing Sliced Apples	FRIDAY 26, 2016 Pizza w/Pineapple & Ham Caesar Salad Okra Fresh Fruit Salad
MONDAY 29, 2016 Turkey Sandwich w/Cheese Lettuce and Tomato Corn Chips Pears	TUESDAY 30, 2016 Vegetarian Lasagna Caesar Salad w/ Low fat Dressing Garlic Bread Cherry Cobbler	WEDNESDAY 31, 2016 Dill Baked Tilapia w/ Tartar Sauce Spinach Salad w/Cherry Tomatoes Green Bean Almondine Rice Pilaf Angel Food Cake Peaches	Menus are subject to change	ALL MEALS SERVED WITH 2% MILK



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 3
Calories	700	713	725	700	741	830
% Carbohydrates from Calories	45-55%	48.5%	50.2%	50.4%	50.7%	53.7%
% Protein from Calories	15-25%	25.4%	24.2%	24.5%	23.3%	18.2%
% Fat from Calories	25-35%	26.1%	25.6%	25.1%	26%	29.1%
Saturated Fat	less than 8g	8g	7.1g	7.7g	7.8g	7.5g
Fiber	5-7g	12g	11g	10g	10g	12g
Vitamin B-12	.8ug	2.3ug	2.4ug	2.6ug	1.9ug	1.6ug
Vitamin A	300ug RAE	546ug	400ug	418ug	328ug	467ug
Vitamin C	30mg	77mg	42mg	73mg	49mg	31mg
Iron	2.6mg	5.3mg	7.1mg	5.8mg	6mg	5.9mg
Calcium	400mg	552mg	570mg	528mg	588mg	559mg
Sodium	less than 1000mg	650mg	983mg	777mg	785mg	677mg

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.

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