



SANTA FE COUNTY DECEMBER 2016

<p>2% Milk Served with All Meals</p>	<p>Menus are Subject to Change</p>		<p>THURSDAY 1, 2016 Classic Lasagna w/Meat Sauce Glazed Carrots Garlic Toast Caesar Salad w/ Low Fat Dressing Baked Apples</p>	<p>FRIDAY 2, 2016 Oven Baked Chicken Scalloped Potatoes Italian Blend Vegetables WW Roll Peach Cobbler</p>
<p>MONDAY 5, 2016 Turkey & Swiss Sandwich Lettuce/Tomato/Onion Potato Salad Fruit Cup</p>	<p>TUESDAY 6, 2016 Fish w/tartar Sauce Potato Wedges Green Beans Hushpuppy Strawberry Shortcake</p>	<p>WEDNESDAY 7, 2016 BBQ Beef Sandwich Baked Beans Coleslaw Applesauce</p>	<p>THURSDAY 8, 2016 Chicken Tomato Bake Cauliflower & Carrots Broccoli Salad Tropical Fruit Salad</p>	<p>FRIDAY 9, 2016 Chile Rellenos Pinto Beans Calabacitas Tortilla Fruit and Yogurt</p>
<p>MONDAY 12, 2016 Hawaiian Pork Stir Fry Vegetables White Rice Almond Cookie Applesauce Cake</p>	<p>TUESDAY 13, 2016 Turkey a la King Parsley Potatoes Green Bean Almandine WW Roll Fresh Fruit Cup</p>	<p>WEDNESDAY 14, 2016 Philly Steak Sandwich Oven Baked Fries Peas Chilled Peaches</p>	<p>THURSDAY 15, 2016 Christmas Lunch Low Sodium Glazed Baked Ham Sweet Potatoes Brussel Sprouts WW Roll Cherry Pie</p>	<p>FRIDAY 16, 2016 Grilled Cheese Sandwich Vegetable Soup Crackers Apple Slices</p>
<p>MONDAY 19, 2016 Tilapia w/Pineapple Salsa Brown Rice Spinach 3 Bean Salad Strawberries & Peaches</p>	<p>TUESDAY 20, 2016 Chicken Caesar Salad w/Caesar Salad Dressing French Onion Soup Garlic Bread Sliced Oranges</p>	<p>WEDNESDAY 21, 2016 Stuffed Bell Peppers Mashed Potatoes Lima Beans Jell-O w/ Pineapple</p>	<p>THURSDAY 22, 2016 Beef Stroganoff Peas Carrot Raisin Salad Bread Stick Peach Crisp</p>	<p>FRIDAY 23, 2016 Smothered Calabacita/Bean Burrito Diced Potatoes Carrots Granola Bar</p>
<p>MONDAY 26, 2016 HOLIDAY</p>	<p>TUESDAY 27, 2016 Rigatoni with Chicken Cauliflower WW Roll Apple Pie</p>	<p>WEDNESDAY 28, 2016 Brisket Noodles Latkes Green Beans Chocolate Pudding</p>	<p>THURSDAY 29, 2016 Creole Pork Black Eye Peas Carrots & Peppers Rice Cherry Cobbler</p>	<p>FRIDAY 30, 2016 Salmon Herb Seasoned Rice Buttered Corn Peaches w/ Yogurt</p>



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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: 2	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 4
Calories	700	958	714	707	722	713
% Carbohydrates from Calories	45-55%	54.6%	48.8%	50.4%	50%	51.6%
% Protein from Calories	15-25%	17.8%	22.7%	23.4%	24.6%	22.3%
% Fat from Calories	25-35%	25.6%	28.6%	26.2%	25.4%	26.1%
Saturated Fat	less than 8g	7g	7.9g	6.7g	7.8g	5.7g
Fiber	5-7g	15g	12g	7g	10g	7g
Vitamin B-12	.8ug	2.7ug	1.9ug	2ug	2.5ug	2.8ug
Vitamin A	300ug RAE	742ug	386ug	319ug	792ug	389ug
Vitamin C	30mg	34mg	80mg	33mg	76mg	31mg
Iron	2.6mg	7.2mg	4.8mg	4.6mg	6.8mg	4.7mg
Calcium	400mg	508mg	602mg	561mg	560mg	445mg
Sodium	less than 1000mg	844mg	871mg	978mg	895mg	461mg

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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