SANTA FE COUNTY SEPTEMBER 2015

8 oz. 2% Milk Served With All Meals	TUESDAY 1, 2015 Sloppy Joe (3 oz. Beef, 1 oz. Sauce, 1 Bun) 1/2c Coleslaw 1/2c Onion Rings 1/2c Mandarin Orange Slices	Wednesday 2, 2015 3 oz. Creole Pork 1/2c Brussel Sprouts 1 sl. Cornbread 1 Oatmeal Cookie	THURSDAY 3, 2015 3 oz. Marinated Chicken 1c Stir Fried Rice w/ 1/2c Asian Veggies 1 each Spring Roll 1/2c Jell-O w/ fruit	FRIDAY 4, 2015 Green Chile & Beef Burrito (3 oz. Beef, 1 oz. Cheese, 1 Tortilla) 1/2c Lettuce, Onions, & Tomato 1/2c Spanish Rice 1/2c Apricots over 1 sl. Pound Cake
MONDAY 7, 2015 Closed Labor Day	TUESDAY 8, 2015 Hamburger Macaroni (3 oz. Beef, 1/2c Macaroni) 1/2c Broccoli w/ Carrots 1 W/W Roll w/ 1 tsp. Margarine 1/2c Low Fat, Sugar Free Pudding	Wednesday 9, 2015 4 oz. Pork Stir Fry over 1/2c Steamed Brown Rice 1/2c Asian Veggies 1 each Veggie Eggrolls 3/4c Yogurt w/ Fruit	THURSDAY 10, 2015 Beef Stew (3 oz. Beef, 1 oz. Sauce, 2 oz. Veggies, 2 oz. Potatoes) 1c Tossed Salad w/ 2T Low Fat Dressing 1 sl. Cornbread w/ 1 tsp. Margarine 1 piece Cherry Cobbler	FRIDAY 11, 2015 8 oz. Low Sodium Ham & Beans 1/2c Sliced Red Peppers w/ Spinach 1 Tortilla 1/2c Cottage Cheese w/ Fruit
MONDAY 14, 2015 4 oz. Tuna Salad over 1 Lettuce Leaf 1c Cucumber, Onion & Tomato Salad 4 Graham Cracker Squares 1c Peach Slices	TUESDAY 15, 2015 4 oz. Braised Pork Chop 1c 3 Bean Salad 1c Broccoli 1 WW Roll w/ 1 tsp. Margarine 1c Apple Slices	Wednesday 16, 2015 1 Beef Hot Dog on 1 WW Bun 1/2c Baked Beans 1c Pasta Salad 1 sl. Strawberry Short Cake	THURSDAY 17, 2015 Chicken Tomato Bake (3 oz. Chicken, 1 oz. Sauce, 1/2c Tomato) 1c Cauliflower 1 Biscuit w/ 1 tsp. Margarine 1/2c Low Fat Pudding	FRIDAY 18, 2015 Turkey Sandwich on WW Bun (3 oz. Turkey, 1 oz. Sliced Cheese, 2 oz. Lettuce, 2 oz. Tomato, 1 Bun) 1/2c Spinach Salad 4 each Vanilla Wafers 1/4c Cottage Cheese
MONDAY 21, 2015 Chicken Taco (3 oz. Chicken, 1 oz. Cheese, 2 Corn Tortillas) 1/2c Spanish Rice 1/2c Spinach 1/2c Rice Pudding	TUESDAY 22, 2015 1 sl. Sausage & Spinach Pizza 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Jell-O w/ Fruit	Wednesday 23, 2015 Philly Steak Sandwich (3 oz. Beef,1 oz. Cheese, 2 oz. Onion & Peppers, 1 Bun) 1/2c French Fries 1/2c Peas 2 Oatmeal Raisin Cookies	THURSDAY 24, 2015 1 each Tamale Smothered In 1 oz. Red Chile 1/2c Pinto Beans 1/2c Green Beans 1c Tossed Salad w/ 2T Low Fat Dressing 1 piece Peach Cobbler	FRIDAY 25, 2015 Chicken Noodle Soup (3 oz. Chicken, 1 oz. Broth, 1/2c Noodles) 1/2c Lima Beans 6 each Crackers 1 sl. Mandarin Orange Cake
MONDAY 28, 2015 Taco Salad (3 oz. Beef, 1 oz. Cheese, 1 oz. Corn Chips, 1/2c Lettuce & Tomato) 1/2c Spanish Rice 1/2c Pinto Beans 1 Tortilla 1/2c Jell-O w/ Fruit	TUESDAY 29, 2015 4 oz. Chicken Chow Mein 1/2c Steamed Brown Rice 1/2c Peas & Carrots 2 Oatmeal Raisin Cookies	Wednesday 30, 2015 3 oz. Baked Pork Chop w/ 2T Low Sodium Gravy 1/2c Mashed Potatoes 1/2c Mixed Veggies 1 WW Roll 1/2c Fruit Yogurt		

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Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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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: 4	Days in Week: 4	Days in Week: 5	Days in Week: 5	Days in Week: 3
Calories	700	740	708	717	722	761
% Carbohydrates from Calories	45-55%	46%	50%	48%	48%	49%
% Protein from Calories	15-25%	24%	24%	23%	24%	25%
% Fat from Calories	25-35%	30%	26%	29%	28%	26 %
Saturated Fat	less than 8g	7.9g	6.1g	7.1g	7.9g	6.4g
Fiber	5-7g	6.3g	9.8g	9.8g	9.5g	11g
Vitamin B-12	.8ug	2.7ug	2.4ug	2.1ug	2ug	2.3ug
Vitamin A	300ug RAE	389ug	650ug	415ug	599ug	574ug
Vitamin C	30mg	60mg	50mg	58mg	48mg	33mg
Iron	2.6mg	6.1mg	5.8mg	5.1mg	6.3mg	6mg
Calcium	400mg	503mg	490mg	510mg	583mg	453mg
Sodium	less than 1000mg	709mg	839mg	883mg	863mg	650mg

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.

Jennifer Pas, RD, LD

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