



SANTA FE COUNTY MARCH 2016

<p>8 oz. 2% Low Fat Milk Served Daily</p>	<p>TUESDAY 1, 2016 3 oz. Pork Roast w/ 1/2c Potato & Carrots 1/2c Tossed Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 12/c Applesauce</p>	<p>Wednesday 2, 2016 Frito Pie (1/2c Beans, 1 oz. Red Chili, 1 oz. Cheese, 1 oz. Fritos, 1 oz. Onion) 1/2c Mexicorn 1/2c Jell-O w/ Fruit</p>	<p>THURSDAY 3, 2016 3 oz. Round Steak w/ 1 oz. Mushroom Gravy 1 Baked Potato 1 WW Roll w/ 1 tsp. Margarine 1/2c Low Fat Pudding</p>	<p>FRIDAY 4, 2016 4 oz. Tuna Salad Sandwich on 1 WW Roll 1/2c Carrot, Celery & Broccoli Sticks 1 oz. Chips 1/2c Fruit Cup</p>
<p>MONDAY 7, 2016 Red Beef Enchilada (3 oz. Beef, 1 oz. Red Chile, 2 Corn Tortillas) 1/2c Spanish Rice 1/2c Spinach 1/2c Low Fat / Sugar Free Ice Cream</p>	<p>TUESDAY 8, 2016 4 oz. Caesar Salad w/ 3 oz. Chicken 1 sl. Garlic Bread 1/2c Yogurt 1 Peanut Butter Cookie</p>	<p>Wednesday 9, 2016 3 oz. Baked Pork Chop w/ 1/2c Stuffing 1/2c Carrots and Broccoli 1/2c Tossed Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Fruit & Yogurt</p>	<p>THURSDAY 10, 2016 3 oz. Chicken Fingers 1/4c Onion Rings 1/2c Corn 1 sl. Cornbread 1 Oatmeal Cookie</p>	<p>FRIDAY 11, 2016 3 oz. Baked Dill Fish 1/2c Wild Rice 1/2c Broccoli & Cauliflower 1 WW Roll w/ 1 tsp. Margarine 1/2c Fruit & Yogurt</p>
<p>MONDAY 14, 2016 4 oz. Pepper Steak w/ 1/2c Rice 1/2c Carrots 1/2c Pea Salad 1 WW Roll w/ 1 tsp. Margarine 12/c Applesauce</p>	<p>TUESDAY 15, 2016 4 oz. Beef Stroganoff w/ 1/2c Noodles 1/2c Spinach 1 WW Roll w/ 1 tsp. Margarine 1 sl. Strawberry Short Cake</p>	<p>Wednesday 16, 2016 4 oz. Chicken Alfredo w/ 1/2c Pasta 1/2c Green Beans 1 sl. Garlic Bread 1/2c Pears</p>	<p>THURSDAY 17, 2016 3 oz. Corned Beef w/ 1/2c Baby Potatoes 1/2c Coleslaw 1 WW Roll w/ 1 tsp. Margarine 1/2c Peaches</p>	<p>FRIDAY 18, 2016 Grilled Cheese Sandwich (1.5oz. Cheese, 2 sl. Bread) 3/4c Vegetable Soup 6 each Crackers 1/2c Fruit Cup</p>
<p>MONDAY 21, 2016 Chicken Fajitas (3 oz. Chicken, 1/4c Peppers & Onions, 1 Tortilla) 1/2c Beans 1/2c Spanish Rice 1/2c Tossed Salad w/ 2T Low Fat Dressing 1/2c Low Fat, Sugar Free Pudding</p>	<p>TUESDAY 22, 2016 Green Chile Cheese Burger (2 oz. Beef, 1 oz. Cheese, 1 oz. Green Chili, 1 Bun) 1/2c Peas & Carrots 1/2c Applesauce 1 Cookie</p>	<p>Wednesday 23, 2016 3 oz. Baked Chicken Breast 1/2c Seasoned Pasta w/ Parmesan Cheese 1/2c Steamed Broccoli 1/2c Tossed Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Low Fat, Sugar Free Pudding</p>	<p>THURSDAY 24, 2016 Taco Salad (3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce & Tomato, 1 oz. Tortilla Chips) 1/2c Spanish Rice 1/2c Calabacitas 1 Cookie</p>	<p>FRIDAY 25, 2016 3 oz. Baked Fish Paprika 1/2c Seasoned Roasted Potatoes 1/2c Steamed Carrots 1 WW Roll w/ 1 tsp. Margarine 1/2c Fruit & Yogurt</p>
<p>MONDAY 28, 2016 Egg Salad Sandwich (4 oz. Egg Salad, 2 Sl. Bread) 1/2c Celery & Carrot Sticks 1/2c Tossed Salad w/ 2T Low Fat Dressing 1 sl. Strawberry Shortcake</p>	<p>TUESDAY 29, 2016 3 oz. Grilled Chicken Breasts 1/2 c Rice pilaf 1/2c Mixed Green Salad w/ 2T Low Dressing 1/2c Jell-O w/ fruit</p>	<p>WEDNESDAY 30, 2016 4 oz. Rigatoni w/ 4 oz. Meat Sauce 1/2c Broccoli / Cauliflower 1/2c Mixed Greens w 2T Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Low Fat, Sugar Free Pudding</p>	<p>Thursday 31, 2016 3 oz. Oven Baked Chicken 1/2c Cornbread Stuffing w/ 1 oz. Low Sodium Gravy 1/2c Mixed Veggies 1 sl. Chocolate Cake</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: 4	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	746	700	703	730	718
% Carbohydrates from Calories	45-55%	50.6%	45.6%	48.7%	50.1%	48%
% Protein from Calories	15-25%	20.2%	21.5	21.7%	24.5%	21.5%
% Fat from Calories	25-35%	29.2%	32.9%	29.5%	25.4%	30.5%
Saturated Fat	less than 8g	6.9g	7.8g	7.7g	6.2g	5.9g
Fiber	5-7g	12g	8g	10g	9g	8.1g
Vitamin B-12	.8ug	2.4ug	2.1ug	2.5ug	2.5ug	2.3ug
Vitamin A	300ug RAE	562ug	581ug	685ug	632ug	614ug
Vitamin C	30mg	54mg	56mg	34mg	64mg	34mg
Iron	2.6mg	4.7mg	4.7mg	6.1mg	5.8mg	4.8mg
Calcium	400mg	488mg	501mg	494mg	517mg	408mg
Sodium	less than 1000mg	932mg	880mg	878mg	797mg	996mg

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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