Santa Fe County MAY 2016

MONDAY 2, 2016 Bean/Beef Taco Salad (2 oz. Beef, 3 oz. Beans, 1 oz. Cheese, 2 oz. Lettuce, 2 oz. Tomato, 1 oz. Onion) 1/2cSpanish Rice 1/2c Chuck Wagon Corn 1/2c Honeydew	**TUESDAY 3, 2016** 4 oz. Spicy Baked Fish 1/2c Brown Rice 1/2c Glazed Carrots 1/2c Steamed Broccoli 1/2c Fruit Cup	**WEDNESDAY 4, 2016** Sloppy Joe (3 oz. Beef, 1 oz. Sauce, 1 Bun) 1/2c Cucumber Onion Salad 1/2c Baked Onion Rings 1/2c Mixed Berries	**THURSDAY 5, 2016** Red Chile Tamale (3 oz Pork, 1oz.Red Chile, 2 oz. Masa) 1/2c Pinto Beans 1/2c Calabacitas 1/2c Rice Pudding 1/2c Chilled Peaches	**FRIDAY 6. 2016** 4 oz. Country Fries Steak 1/2c Mashed Potatoes w/ 1 oz. Gravy 1/2c Steamed Broccoli 1 WW Roll w/ 1 tsp. Margarine 1/2c Yogurt w/ Fruit
MONDAY 9, 2016 Chicken BBQ Sandwich (3 oz. Chicken, 1 oz. BBQ Sauce, 1 Bun) 1/2c Three Bean Salad 1/2c Oven Baked French Fries 1/2c Cantaloupe	**TUESDAY 10, 2016** Shepard's Pie (3 oz. Beef, 1 oz. Vegetables, 4 oz. Mashed Potatoes) 1/2c Green Beans w/ Mushrooms 1 WW Roll w/ 1 tsp. Margarine 1/2c Sliced Oranges	**WEDNESDAY 11, 2016** 4 oz. Tuna Salad on 4 oz. Mixed Greens 1/2c Sliced Tomatoes 1 oz. Sun Chips 6 each Crackers 1 piece Cherry Cobbler	**THURSDAY 12, 2016** Chili Dog (1 Frank, 1 oz. Cheese, 2 oz. Chili, .5 oz. Onion, 1 Bun) 1/2c California Vegetables 1/2c Sliced Cucumber 1/2c Chilled Pears	**FRIDAY 13. 2016** 3 oz. Baked Meatballs in 1 oz. Marinara Sauce 1/2c Pasta 1/2c Spinach 1 Sl. Garlic Bread 1/2c Chocolate Pudding 1/2c Strawberries & Peaches
MONDAY 16, 2016 Beef Fajitas w/ 2T Salsa (3 oz. Beef, 2 oz. Peppers & Onions, 1 Tortilla) 1/2c Pinto Beans 1/2c Chuck wagon Corn 1/2c Mandarin Orangs	**TUESDAY 17, 2016** Tuna & Shells (4 oz. Tuna, 1/2c Pasta) 1/2c Peas & Carrots 1/2c Spinach Salad 1/2c Cottage Cheese w/ Fruit	**WEDNESDAY 18, 2016** GC Chicken Enchiladas (3 oz. Chicken, 1 oz. Green Chile, 2 Corn Tortillas) 1/2c Mexican Salad 1/2c Sliced Carrots 1 sl. Pound Cake w/ Strawberries	**THURSDAY 19, 2016** Grilled Ham & Cheese (2 oz. Low Sodium Ham, 1 oz. Cheese, 2 sl. Bread) 3/4c Vegetables Soup 1/2c Celery & Carrots Sticks 1/2c Fruit Cup	**FRIDAY 20, 2016** 4 oz. Sweet & Sour Pork 1/2c Stir Fry Vegetables 1/2c Steamed Rice 1 Fortune Cookie 1 sl. Applesauce Cake
MONDAY 23, 2016 4 oz. Oven Baked Chicken 1/2c Spinach Salad w/ Cucumbers & Onions 1/2c Green Beans & Potatoes 1 sl. Pineapple Upside Down Cake	**TUESDAY 24, 2016** 1 sl. Pizza W/ Pineapple & Ham 1c Caesar Salad 1/2c Lima Beans 1/2c Fresh Fruit Salad	**WEDNESDAY 25, 2016** 4 oz. Braised Pork Chop 1/2c Stuffing w/ 2T Gravy 1/2c Ranch Beans 1/2c Asparagus 1 WW Roll w/ 1 tsp. Margarine 1/2c Sliced Apples	**THURSDAY 26, 2016** Chicken Wrap (3 oz. Chicken, 1/2c Lettuce & Tomato, 1 Tortilla) 1/2c Cucumber Salad 1/2c Apricots 1 Cookie	**FRIDAY 27, 2016** 4 oz. Meatloaf w/ 2T Gravy 1/2c Mashed Potatoes 1/2c Corn 1 WW Roll w/ 1 tsp. Margarine 1/2c Peach Cobbler
MONDAY 30, 2016 **Closed**	**TUESDAY 31, 2016** Turkey Sandwich w/ Cheese (3 oz. Turkey, 1 oz. Cheese, 2 sl. Bread) 1/2c Lettuce & Tomato 1/2c Pasta Salad 1/2c Corn 1 oz. Chips 1/2c Pears		Menus are subject to change	**All meals Served with 2% milk**

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
505-827-7313

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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: 1
Calories	700	796	722	738	723	875
% Carbohydrates from Calories	45-55%	45.9%	50.6%	51.8%	47%	50.2%
% Protein from Calories	15-25%	25.6%	21.9%	21.7%	22.9%	22.9%
% Fat from Calories	25-35%	28.5%	27.5%	26.5%	30.1%	26.9%
Saturated Fat	less than 8g	8g	6.8g	7.3g	7.2g	7.4g
Fiber	5-7g	12g	9.9g	11.7g	10.5g	12g
Vitamin B-12	.8ug	3.5ug	2.5ug	2.4ug	2.1ug	1.7ug
Vitamin A	300ug RAE	472ug	401ug	720ug	553ug	482ug
Vitamin C	30mg	74mg	59mg	78mg	43mg	69mg
Iron	2.6mg	5.9mg	5.8mg	5.1mg	5.9mg	6.3mg
Calcium	400mg	524mg	491mg	503mg	481mg	591mg
Sodium	less than 1000mg	742mg	886mg	788mg	811mg	668mg

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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