



SANTA FE COUNTY SEPTEMBER 2016

8 oz. 2% Milk Served With All Meals		Menus are subject to change	THURSDAY 1, 2016 Chicken Tomato Bake Tossed Salad w/Low-Fat Dressing Green Beans Breadstick Blueberry Cobbler	FRIDAY 2, 2016 Beef Tacos (Lettuce, Tomato, Cheese, Salsa) Mexican Salad Pears
MONDAY 5, 2016 Closed Labor Day	TUESDAY 6, 2016 Baked Pork Chops Scalloped Potatoes Italian Blend Vegetables Whole Wheat Roll Orange	WEDNESDAY 7, 2016 Classic Lasagna Caesar Salad w/Low-Fat Dressing Glazed Carrots Garlic Toast Baked Apples	THURSDAY 8, 2016 Green Chile Cheeseburger (Mustard, Mayo, Ketchup) Potato Salad Baked Beans Watermelon	FRIDAY 9, 2016 Tuna and Red Pepper Sandwich Tossed Salad w/Low-Fat Dressing Potato Chips Granola Bar Jell-O w/Fruit
MONDAY 12, 2016 Fish Tacos w/Pico de Gallo Coleslaw Seasoned Herb Rice Plums	TUESDAY 13, 2016 Carne Adovada Asparagus Spears Sautéed Potatoes Tortilla Chilled Pears	WEDNESDAY 14, 2016 Creole Pork Black Eyed Peas Carrots and Peppers Brown Rice Peach Crisp	THURSDAY 15, 2016 Turkey Al La King Parsley Potatoes Green Bean Almandine Whole Wheat Roll Applesauce Cake	FRIDAY 16, 2016 Egg Salad Sandwich Tomato/Cucumber/Onion Salad Diced Mixed Fruit w/Cottage Cheese
MONDAY 19, 2016 Philly Steak on a Hoagie Onion Rings Broccoli Salad Cherry Cobbler	TUESDAY 20, 2016 Tilapia w/Pineapple Salsa Brussel Sprouts Three Bean Salad Brown Rice Strawberries and Peaches	WEDNESDAY 21, 2016 Penne w/Chicken Asparagus Cauliflower Whole Wheat Roll Apple Pie	THURSDAY 22, 2016 Chile Relleno w/Sour Cream Pinto Beans Calabasitas Tortilla Fruit and Yogurt	FRIDAY 23, 2016 Chicken Caesar Salad (Parmesan/Caesar Dressing) French Onion Soup Garlic Bread Sliced Oranges
MONDAY 26, 2016 Grilled Cheese Tomato Soup Tossed Salad w/Low-Fat Dressing Crackers Pound Cake w/Peaches Whipped Topping	TUESDAY 27, 2016 Stuffed Bell Peppers Mashed Potatoes Roasted Vegetables French Bread Chilled Pears	WEDNESDAY 28, 2016 Hawaiian Pork Stir-fry Vegetables/Soy Sauce White Rice Plums Fortune Cookie	THURSDAY 29, 2016 Fish W/Tartar Sauce Potato Wedges/Ketchup Green Beans Hushpuppy Strawberry Shortcake	FRIDAY 30, 2016 BBQ Beef Sandwich Coleslaw Baked Beans Applesauce 1 Cookie



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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: 4	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	776	711	732	708	706
% Carbohydrates from Calories	45-55%	45.2%	47.2%	49.8%	45.3%	49.7%
% Protein from Calories	15-25%	24.9%	22.5%	19.4%	24.7%	19.5%
% Fat from Calories	25-35%	30%	30.3%	30.8%	30.1%	30.9%
Saturated Fat	less than 8g	7.9g	8g	6g	6.4g	7.2g
Fiber	5-7g	13g	9g	8.6ug	12g	9.3g
Vitamin B-12	.8ug	2.9ug	3.1ug	2.3ug	2.4ug	2.3ug
Vitamin A	300ug RAE	901ug	558ug	439ug	821ug	362ug
Vitamin C	30mg	48mg	69mg	56mg	86mg	47mg
Iron	2.6mg	6.4mg	5.6mg	4mg	6.4mg	4.5mg
Calcium	400mg	510mg	509mg	439mg	439mg	437mg
Sodium	less than 1000mg	600mg	808mg	644mg	895mg	974mg

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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