



SANTA FE COUNTY JULY 2016

	ALL MENUS ARE SUBJECT TO CHANGE	8 oz. 2% Milk served with all meals		FRIDAY, JULY 1, 2016 Hamburger Beef, Bun, Mustard, Ketchup, Mayo Lettuce & Tomato Potato Wedges Baked Beans Watermelon
MONDAY, JULY 4, 2016 Closed for 4th Of July Holiday	TUESDAY, JULY 5, 2016 Baked Fish Tartar Sauce, Malt Vinegar Garden Salad w/ Low Fat Dressing Okra Seasoned Herb Rice Chocolate Cake	WEDNESDAY, JULY 6, 2016 Teriyaki Chicken with Soy Sauce Oriental Vegetables Cucumber Salad Fried Rice Egg Roll Pineapple tidbits	THURSDAY, JULY 7, 2016 Low Sodium Glazed Baked Ham Sweet Potatoes Brussel Sprouts Cornbread Apple Slices	FRIDAY, JULY 8, 2016 Hot Turkey Sandwich (Turkey, Gravy, Bread) Mashed Potatoes Green Beans Peaches
MONDAY, JULY 11, 2016 Chef Salad Cubed Turkey, Bacon Bits, Bacon Bits, Cheese, Egg Lettuce & Tomatoes, Salad Dressing 1 Breadstick Jell-O w/Fresh Fruit	TUESDAY, JULY 12, 2016 Lemon Herb Chicken Spinach Salad w/ Low Fat Dressing Steamed Carrots Rice Pilaf Orange slices	WEDNESDAY, JULY 13, 2016 Hamburger Macaroni Casserole (Beef, Sauce, Macaroni) Zucchini Cauliflower 1 WW Roll Apple Crisp	THURSDAY, JULY 14, 2016 Carne Adovada Spinach Pinto Beans Tortilla Rice Pudding w/Raisins	FRIDAY, JULY 15, 2016 Baked Cod Fish Tartar Sauce, Malt Vinegar Roasted Vegetables Lima Beans Orzo Pasta Grapes
MONDAY, JULY 18, 2016 Oriental Chicken Salad Low Fat Dressing Romaine, Cabbage, Carrots, Cucumber, Almonds, Chow Mein Steamed Broccoli Garlic Toast Mandarin Oranges	TUESDAY, JULY 19, 2016 Smothered Bean Burrito (Beans, Cheese, Red Chile) Tortilla Tossed Salad w/ Low Fat Dressing Spanish Rice Apple Slices	WEDNESDAY, JULY 20, 2016 Open Faced Hot Roast Beef Sandwich (Beef, Gravy, Bread) Garlic Mashed Potatoes Spinach Salad Pumpkin Pie/Whipped Topping	THURSDAY, JULY 21, 2016 Cornflake Chicken Kidney Bean Salad Green Bean Almondine 1 WW Roll Cantaloupe	FRIDAY, JULY 22, 2016 Tuna Patty Corn Cucumber Slices Low Sodium Crackers Peanut Butter Cookie
MONDAY JULY 25, 2016 Beef Tacos Beef, Corn Tortillas, Cheese, Salsa, Sour Cream Beans Lettuce/Tomato Spanish Rice Cherry Cobbler	TUESDAY JULY 26, 2016 Lentil Stew Lentils, Veggies, Broth Cheese Stick Asparagus Cornbread Low Fat Yogurt Fresh Fruit Cup	WEDNESDAY JULY 27, 2016 Turkey Cabbage Casserole Turkey, Cabbage, Sauce Beet and Onion Salad Broccoli Garlic Toast Peach Crisp	THURSDAY JULY 28, 2016 Chicken Fried Steak w/ White Gravy Peas and Carrots Mashed Potatoes 1 WW Roll Applesauce	FRIDAY, JULY 29, 2016 Hot Turkey Salad Sweet Potatoes Peas French Bread Honeydew



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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: 1	Days in Week: 4	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	769	708	704	706	703
% Carbohydrates from Calories	45-55%	48.8%	47%	46.4%	45.8%	50%
% Protein from Calories	15-25%	24.5%	24.1%	25%	24.4%	24.5%
% Fat from Calories	25-35%	26.7%	28.9%	28.6%	29.8%	25.5%
Saturated Fat	less than 8g	7.9g	7.3g	7.7g	7.9g	7.9g
Fiber	5-7g	12g	8.3g	8.9g	9.5g	11g
Vitamin B-12	.8ug	3.2ug	1.7ug	2ug	1.9ug	1.8ug
Vitamin A	300ug RAE	358ug	302ug	489ug	499ug	333ug
Vitamin C	30mg	36mg	38mg	45mg	45mg	45mg
Iron	2.6mg	7.1mg	4.8mg	6mg	5.5mg	5.5mg
Calcium	400mg	513mg	498mg	566mg	567mg	615mg
Sodium	less than 1000mg	798mg	985mg	544mg	860mg	732mg

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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