



## SANTA FE COUNTY MARCH 2017

All Meals Served with 8oz. 2% Milk	Menus are subject to change	<b>WEDNESDAY 1, 2017</b> Chile Relleno w/sour cream Pinto Beans Calabasitas Tortilla Pineapple and Yogurt	<b>THURSDAY 2, 2017</b> Creole Pork Black Eyed Peas Carrots and Peppers Brown Rice WW Roll Orange Wedges	<b>FRIDAY 3, 2017</b> Salmon Patty Spinach Corn WW Bread Diced Peaches
<b>MONDAY 6, 2017</b> Classic Lasagna Caesar Salad w/Low Fat Dressing Glazed Carrots Garlic Toast Plums	<b>TUESDAY 7, 2017</b> Frito Pie Lettuce, Tomato, Onion Tortilla Baked Apples	<b>WEDNESDAY 8, 2017</b> Chicken Corn Casserole Green Bean Almondine WW Roll Pineapple Upside Down Cake	<b>THURSDAY 9, 2017</b> Baked Pork Chop Scalloped Potatoes Italian Blend Vegetables WW Roll Chocolate Pudding	<b>FRIDAY 10, 2017</b> Tuna and Red Pepper Sandwich Tomato/ Cucumber/ Onion Salad Potato Chips Granola Bar Jell-O w/ Mandarin Oranges
<b>MONDAY 13, 2017</b> Green Chile Cheeseburger Mustard/Mayo/Ketchup Potato Wedges Baked Beans Mandarin Oranges	<b>TUESDAY 14, 2017</b> Penne w/Chicken Green Beans Cauliflower WW Roll Apple Pie	<b>WEDNESDAY 15, 2017</b> Carne Adovada Asparagus Spears Sautéed Potatoes Tortilla Chilled Pears	<b>THURSDAY 16, 2017</b> Philly Steak on a Hoagie Onion Rings Broccoli Salad Cherry Cobbler	<b>FRIDAY 17, 2017</b> Tilapia w/Pineapple Salsa Brussel Sprouts Three Bean Salad Brown Rice Strawberries and Peaches
<b>MONDAY 20, 2017</b> Chicken Caesar Salad w/Low Fat Dressing French Onion Soup Garlic Bread Sliced Oranges	<b>TUESDAY 21, 2017</b> Egg Salad Sandwich Garden Salad w/Low Fat Dressing Pound Cake w/ Peaches Whipped Topping	<b>WEDNESDAY 22, 2017</b> Bell Pepper Casserole Mashed Potatoes California Blend Vegetables French Bread Chilled Pears	<b>THURSDAY 23, 2017</b> Sesame Chicken Breast Peas Cauliflower WW Roll Apple Pie	<b>FRIDAY 24, 2017</b> Grilled Cheese Tomato Soup Beet and Onion Salad Crackers Diced Mixed Fruit w/ Cottage Cheese
<b>MONDAY 27, 2017</b> Beef Tacos w/Salsa Spinach Spanish Rice Applesauce	<b>TUESDAY 28, 2017</b> Chicken Pot Pie Tossed Salad w/ Low Fat Dressing Cherry Pie	<b>WEDNESDAY 29, 2017</b> BBQ Beef Sandwich Mixed Vegetables Baked Beans Plums Oatmeal Cookie	<b>THURSDAY 30, 2017</b> Hawaiian Pork Stir-fry Vegetables w/Soy Sauce White Rice Apple Slices	<b>FRIDAY 31, 2017</b> Fish w/Tartar Sauce Potato Wedges w/Ketchup Green Beans Hushpuppy Strawberry Shortcake



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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
		<b>Days in Week: 3</b>	<b>Days in Week: 5</b>	<b>Days in Week: 5</b>	<b>Days in Week: 5</b>	<b>Days in Week: 5</b>
<b>Calories</b>	700	702	708	771	704	702
<b>% Carbohydrates from Calories</b>	45-55%	53.2%	47.8%	51.2%	48.9%	48.1%
<b>% Protein from Calories</b>	15-25%	20%	23.6%	23.8%	22.9%	24.7%
<b>% Fat from Calories</b>	25-35%	26.8%	28.7%	25%	28.2%	27.2%
<b>Saturated Fat</b>	less than 8g	6.9g	6.8g	7g	7.1g	6.4g
<b>Fiber</b>	5-7g	14g	10g	11g	10g	10g
<b>Vitamin B-12</b>	.8ug	1.9ug	2.8ug	2.5ug	2.1ug	2.4ug
<b>Vitamin A</b>	300ug RAE	533ug	564ug	308ug	601ug	450ug
<b>Vitamin C</b>	30mg	118mg	49mg	81mg	53mg	34mg
<b>Iron</b>	2.6mg	6.3mg	5.1mg	5.9mg	4.9mg	5.6mg
<b>Calcium</b>	400mg	509mg	516mg	526mg	511mg	475mg
<b>Sodium</b>	less than 1000mg	704mg	856mg	692mg	986mg	713mg

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