



SANTA FE COUNTY MAY 2017

MONDAY 1, 2017 1/2c Chicken Salad / 1 WW Bun 1/2c Lettuce, Tomato & Onion 1/2c Coleslaw 1 oz. Sun chips 1/2c Fruit & Yogurt	TUESDAY 2, 2017 4 oz. Beef Stew W/ 4 oz. Mixed Veggies 1c Tossed Salad W/ 2T Low Fat Dressing 1 Cornbread 2 each Chocolate Chip Cookie	WEDNESDAY 3, 2017 3 oz. Baked Pork Chop W/ 1 oz. Low Sodium Gravy 1/2c Brown Rice 1/2c Spinach 1 WW Roll w/ 1 tsp. Margarine 1/2c Jell-O	THURSDAY 4, 2017 4 oz. Breaded Fish 1/2c Scalloped Potato 1/2c Mixed Vegetables 1 sl. Cornbread 1/2c Tropical Fruit Cup	FRIDAY 5, 2017 4 oz. Chicken Adovada 1/2c Pinto beans 1/2c Spinach 1 Tortilla 1/2c Rice Pudding
MONDAY 8, 2017 4 oz. Baked Tilapia 1/2c Roasted Potato 1/2c Steamed Cauliflower 1 Hushpuppies 1/2c Pineapple Slices	TUESDAY 9, 2017 4 oz. BBQ Pulled Pork w/ 1 WW Bun 1/2c Peas & Carrots 1/2c BBQ Beans 1/2c Peaches With Cottage Cheese	WEDNESDAY 10, 2017 4 oz. Mini Meatloaf 1/2c Mashed Potatoes w/ 1 oz. Low Sodium Gravy 1/2c Steamed Broccoli 1 WW Roll w/ 1 tsp Margarine 1/2c Applesauce	THURSDAY 11, 2017 3 oz. Oven Baked Chicken 4 oz. Rice 1/2c Roasted Zucchini w/ Onions & Peppers 1 WW Roll w/ 1 tsp. Margarine 1/2c Tapioca Pudding	FRIDAY 12, 2017 3/4c Tomato Soup W/ 1 Grilled Cheese Sandwich (2 oz. Cheese, 2 sl. Bread) 1/2c Tater Tots 1 sl. Angel Food Cake
MONDAY 15, 2017 4 oz. Chicken Tetrazzini 4 oz. Pasta 1/2c California Blend Veggies 1 each Seasoned Bread Sticks 1 pc. Apple Crisp	TUESDAY 16, 2017 3 oz. Pork Cutlets 1/2c Steamed Broccoli & Cauliflower 1/2c Baked Beans 1 WW Roll w/ 1 tsp. Margarine 1/2c Mandarin Oranges	WEDNESDAY 17, 2017 3 oz. Grilled Chicken Breast 1/2c Herb Roasted Potatoes 1/2c Baby Carrots 1c Tossed Salad W/ Dressing 1/2c Jell-O W/ Fruit	THURSDAY 18, 2017 4 oz. Frito Pie W/ 1 oz. Red Chile 1/2c Pinto Beans 1/2c Lettuce, Tomato, Onions & Cheese 1 Tortilla 1 sl. Peaches & Pound Cake	FRIDAY 19, 2017 4 oz. Tuna Sandwich 1 oz. Potato Chips 1/2c Pasta Salad 1/2c Chocolate Pudding
MONDAY 22, 2017 3 oz. Chicken Tenders W/ 1 oz. Lite Ranch Dressing 1/2c Brown Rice 1/2c Mixed Veggies 1 Biscuit 3/4c Cantaloupe	TUESDAY 23, 2017 4 oz. Meatloaf 1/2c Scalloped Potatoes 1/2c Beats W/ Onions 1 WW Roll w/ 1 tsp. Margarine 1/2c Strawberries W/ Bananas	WEDNESDAY 24, 2017 Chicken Tacos (3 oz. Chicken, 1 oz. Cheese, 2 Corn Tortillas) 1 oz. Pico De Gallo 1/2c Spanish Rice 1/2c Calabacitas 1 Tortilla 1 sl. Pineapple Upside Down Cake	THURSDAY 25, 2017 4 oz. Pork Stir Fry 1/2c Stir Fry Veggies 1/2c Tossed Salad W/ 2T Low Fat Dressing 1 Eggroll 1 piece Apple Cobbler	FRIDAY 26, 2017 4 oz. Fish Sandwich 2T Tartar Sauce, 1 oz. Cheese, 1 Lettuce Leaf, 1 oz. Pickle 1 Hushpuppie 1/2c Broccoli Spears 1/2c Pears
MONDAY 29, 2017 Closed Memorial Day	TUESDAY 30, 2017 BBQ Beef Sandwich (3 oz. Beef, 1 oz. BBQ Sauce) 1/2c Baked Onion Rings 1/2c Mixed Veggies 1/2c Melon Medley	WEDNESDAY 31, 2017 Green Chile Cheese Enchiladas (3 oz. Chicken, 1 oz. Green Chile, 1 oz. Cheese, 2 Corn Tortillas) 1/2c Spanish Rice W/ Peas & Carrots 1/2c Pinto Beans 1 Tortilla 1/2c Applesauce	All Meals Served with 2% Milk	



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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: 2
Calories	700	702	701	760	771	765
% Carbohydrates from Calories	45-55%	48.4%	51.4%	46.9%	47.6%	48.5%
% Protein from Calories	15-25%	21.3%	20.4%	22.4%	21.3%	24.5%
% Fat from Calories	25-35%	30.2%	28.1%	30.7%	31.1%	27%
Saturated Fat	less than 8g	6.4g	6.9g	6.8g	7.5g	7.4g
Fiber	5-7g	8.3g	8.2g	10.1g	9.3g	13.5g
Vitamin B-12	.8ug	2.1ug	2.1ug	2.2ug	2.2ug	2ug
Vitamin A	300ug RAE	683ug	321ug	469ug	442ug	489ug
Vitamin C	30mg	48.8mg	42mg	44.4mg	55mg	65mg
Iron	2.6mg	5.8mg	4.1mg	4.7mg	4.8mg	5.8mg
Calcium	400mg	526mg	484mg	467mg	489mg	509mg
Sodium	less than 1000mg	838mg	915mg	912mg	895mg	839mg

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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