



## SANTA FE COUNTY JUNE 2017

8oz. 2% Milk Served With All Meals			<b>THURSDAY 1, 2017</b> Chili Dog (1 Frank, 4 oz. Chili Beans, 1 Bun, 1 oz. Cheese, 2 oz. Diced Onions & Tomatoes) 1/2c Chuckwagon Corn 1/2c Orange Pineapple Salad	<b>FRIDAY 2, 2017</b> 1 sl. Veggie Pizza (2 oz. Spinach, oz. Crust, 1 oz. Cheese, 1 oz. Sauce, 2 oz. Tomato & Mushrooms) 1c Tossed Salad w/ 2T Low Fat Dressing 1 Bread Stick 1 sl. Strawberry Shortcake
<b>MONDAY 5, 2017</b> Chicken Fajita (3 oz. Chicken, 1oz. Cheese, 2 oz. Onion & Peppers, 1 Tortilla) 1/2c Mexicorn 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Apricots 1 Sugar cookie	<b>TUESDAY 6, 2017</b> 4 oz. Spaghetti w/ 4 oz. Meat Sauce 1/2c Steamed spinach 1 sl. Garlic bread 1/2c Jell-O w/ Pineapple	<b>WEDNESDAY 7, 2017</b> Chicken Caesar Salad (3 oz. Chicken, 4 oz. Lettuce, 1 oz. Croutons, 1 oz. Parmesan Cheese, 2T Low Fat Dressing) 1 each Seasoned Bread Stick w/ 1 tsp. Margarine 1 Brownie	<b>THURSDAY 8, 2017</b> 3 oz. Baked Spicy Fish 1/2c Wild Rice 1/2c Green beans 1 WW Roll w/ 1 tsp. Margarine 1/2c Pears	<b>FRIDAY 9, 2017</b> 4 oz. Hamburger Stroganoff 1c Over Pasta 1/2c Glazed Carrots 1 Biscuit w/ 1 tsp. Margarine 1/2c Mandarin Oranges
<b>MONDAY 12, 2017</b> 4 oz. Chicken Salad On 1 oz. Lettuce 1/2c Cucumber, Onion & Tomato 1 WW Roll w/ 1 tsp. Margarine 1/2c Apricots W/ Cottage Cheese	<b>TUESDAY 13, 2017</b> 3 oz. BBQ Chicken W/ 1/2c Herb Roasted Potatoes 1/2c Asparagus 1 WW Roll W/ 1 tsp. Margarine 1 sl. Chocolate Cake W/ Icing	<b>WEDNESDAY 14, 2017</b> Beef & Sausage Lasagna (1 oz. Beef, 1 oz Sausage, 1 oz. Cheese, 4 oz. Noodles) 1/2c Caesar Salad 1 sl. Garlic Bread 1 piece Peach Cobbler	<b>THURSDAY 15, 2017</b> 3 oz. Pork Loin W/ 1 oz. A Jus 1/2c Yams 1/2c Steamed Cauliflower & Broccoli 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce	<b>FRIDAY 16, 2017</b> Red Chile Bean & Cheese Burrito (1 oz. Red Chile, 1 oz. Cheese, 4 oz. Beans, 1 Tortilla) 1/2c Spanish Rice 1/2c Peas & Carrots 1/2c Jell-O W/ Mandarin Oranges
<b>MONDAY 19, 2017</b> Sloppy Joe (3 oz. Beef, 1 oz. Sauce, 1 WW Bun) 1/2c Parsley Roasted Potatoes 1/2c Green Bean Almandine 1 piece Apple Crisp	<b>TUESDAY 20, 2017</b> Ham & Beans (3 oz. Low Sodium Ham, 1 oz. Sauce, 4 oz. Beans) 1/2c Sliced Red Peppers W/ Onions 1 sl. Cornbread W/ 1 tsp. Margarine 1 piece Cherry Cobbler	<b>WEDNESDAY 21, 2017</b> Frito Pie (2 oz. Beef, 1 oz. Cheese, 1 oz. Fritos, 4 oz. Beans) 1/2c Lettuce, Tomato, Onion Garnish 1/2c Spinach 1 sl. Applesauce Cake	<b>THURSDAY 22, 2017</b> 4 oz. Teriyaki Chicken 1/2c Fried rice 1/2c Stir Fry Veggies 1 Egg Roll 1 PB cookie	<b>FRIDAY 23, 2017</b> Chile Relleno (2 oz. Green Chile, 2 oz. Cheese, 1 oz. Breading, 1 oz. Green Chile Sauce) 1/2c Spanish Rice 1/2c Calabacias 1 Tortilla 1/2c Rice pudding
<b>MONDAY 26, 2017</b> Sausage/Spinach Pizza (1 oz. Sausage, 2 oz. Spinach, 1oz. Cheese, 1 oz. Crust, 1 oz. Sauce) 1c Tossed Salad W/ 2T Low Fat Dressing 1/2c Steamed Broccoli 1 Brownie	<b>TUESDAY 27, 2017</b> Beef Tacos W/ 1 oz. Salsa (3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas) 1/2c Lettuce, Tomato, Onion 1c Pinto Beans 1/2c Carrots & Peas 1 Chocolate Chip Cookie	<b>WEDNESDAY 28, 2017</b> 4 oz. Baked Dill Fish 1c Buttered Rice 1/2c Ranch Corn 1/2c Tossed Salad W/ Dressing 1 sl. Mandarin Orange Cake	<b>THURSDAY 29, 2017</b> 3 oz. Braised Pork Chops 1/2c Scalloped Potatoes 1/2c Peas 1 Biscuit W/ 1 tsp. Margarine 1/2c Pear Slices	<b>FRIDAY 30, 2017</b> Grilled Cheese Sandwich (2 oz. Cheese, 2 sl. Bread) 3/4c Tomato Soup 1/2c Tater Tots 1/2c Fruit Cup



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## ***Nutrient Table***

<b>Nutrient</b>	<b>Daily Lunch Requirement</b>	<b>Menu Week 1</b>	<b>Menu Week 2</b>	<b>Menu Week 3</b>	<b>Menu Week 4</b>	<b>Menu Week 5</b>
		<b>Days in Week: 2</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	749	702	740	738	703
<b>% Carbohydrates from Calories</b>	45-55%	55.4%	45.7%	52.7%	48.6%	49.7%
<b>% Protein from Calories</b>	15-25%	17.5%	24.8%	20.2%	21.8%	21.2%
<b>% Fat from Calories</b>	25-35%	27.1%	29.6%	27.2%	29.6%	29.1%
<b>Saturated Fat</b>	less than 8g	7.4g	6.9g	6.9g	7.7g	8g
<b>Fiber</b>	5-7g	14.4g	7.7g	10.7g	8.8g	11.8g
<b>Vitamin B-12</b>	.8ug	1.5ug	2.5ug	1.8ug	2.3ug	2.2ug
<b>Vitamin A</b>	300ug RAE	805ug	673ug	466ug	412ug	611ug
<b>Vitamin C</b>	30mg	115mg	33.8mg	49.7mg	64.8mg	40.4mg
<b>Iron</b>	2.6mg	7.2mg	5.7mg	5.3mg	6mg	5.5mg
<b>Calcium</b>	400mg	695mg	499mg	554mg	559mg	581mg
<b>Sodium</b>	less than 1000mg	977mg	694mg	785mg	965mg	907mg

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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