



Santa Fe APRIL 2017

<p>MONDAY 3, 2017 GC Cheeseburger (3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 WW Bun) 1/2c Lettuce, Tomato & Onion 1/2c Onion Rings 1c Green Beans 1/2c Chocolate Pudding</p>	<p>TUESDAY 4, 2017 4 oz. Corned Beef 1c Cabbage 1/2c Boiled Potatoes 1 Dinner Roll w/ 1 tsp. Margarine 1c Apple Slices W/ Yogurt</p>	<p>WEDNESDAY 5, 2017 6 oz. Chicken Tetrazzini 1/2c Peas 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce</p>	<p>THURSDAY 6, 2017 Green Chile & Beef Burrito (3 oz. Beef, 1 oz. Green Chile, 1 Tortilla) 1/2c Spanish Rice W/ Peas & Carrots 1 Chocolate Brownie W/ 2 oz. Ice Cream</p>	<p>FRIDAY 7, 2017 4 oz. Egg Salad on 1 WW Bun with 1oz. Slice Cheese, 2 oz. Lettuce, 1 oz. Tomato & 1 oz. Onion 1c Beet & Onion Salad 1/2c Cottage Cheese W/ Fruit</p>
<p>MONDAY 10, 2017 Chicken Fajita (3 oz. Chicken, 2 oz. Peppers & Onions, 1 Tortilla, 1T Sour Cream, 1 oz. Cheese & 1 oz. Salsa) 1/2c Calabacitas 1/2c Corn 1/2c Tossed Salad W/ 2T Low Fat Dressing 1/2c Fruit Cocktail</p>	<p>TUESDAY 11, 2017 Vegetarian Lasagna (4 oz. Noodles, 1 oz. Sauce, 2 oz. Veggies, 1 oz. Cheese) 1/2c Caesar Salad w/ 2T Low Fat Dressing 1 sl. Garlic Bread 1/2c Plum Cobbler</p>	<p>WEDNESDAY 12, 2017 Frito Pie (3 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 1 oz. Fritos) 1/2c Pinto Beans 1/2c Mixed Vegetables 1 Tortilla 1 sl. Angel Food Cake W/ Peaches</p>	<p>THURSDAY 13, 2017 3 oz. Braised Pork Chops 1/2c Brown Rice 1/2c Peas 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce</p>	<p>FRIDAY 14, 2017 4 oz. Tuna Salad on 1 oz. Bed Of Lettuce 1/2c Macaroni Salad 1/2c Apricots 1 Sugar Cookie</p>
<p>MONDAY 17, 2017 Turkey Wrap (3 oz. Turkey, 1 oz. Cheese, 1 Tortilla, 2 oz. Lettuce, 2 oz. Tomato) 1/2c Potato Salad 1/2c Jell-O W/ Fruit</p>	<p>TUESDAY 18, 2017 4 oz. Dill Baked Tilapia W/ 1c Wild Rice 1/2c Brussel Sprouts 1 WW Roll w/ 1 tsp. Mandarin Oranges</p>	<p>WEDNESDAY 19, 2017 Chicken Fettuccini (3 oz. Chicken, 1 oz. Alfredo Sauce, 4 oz. Noodles) 1/2c Broccoli & Cauliflower 1 sl. Seasoned French Bread w/ 1 tsp. Margarine 1/2c Pears</p>	<p>THURSDAY 20, 2017 RC Beef Enchilada (3 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 oz. Corn Tortillas) 1/2c Corn Salsa 1c Tossed Salad W/ Dressing 1/2c Cottage Cheese W/ Fruit</p>	<p>FRIDAY 21, 2017 3 oz. Low Sodium Ham, 4 oz. Beans W/ 1 oz. Red Peppers 1/2c Corn 1 sl. Cornbread w/ 1 tsp. Margarine 1 piece Cherry Cobbler</p>
<p>MONDAY 24, 2017 Caesar Salad W/ Chicken (3 oz. Chicken, 1 oz. Cheese, 8 oz. Lettuce) 1 sl. Garlic Bread 1/2c Yogurt 1 Peanut Butter Cookie</p>	<p>TUESDAY 25, 2017 4 oz. Spaghetti W/ 4 oz. Meat Sauce 1/2c Tossed Salad W/ 2T Low Fat Dressing 1 Bread Stick w/ 1 tsp. Margarine 1 sl. Margarine Orange Cake</p>	<p>WEDNESDAY 26, 2017 Grilled Chicken Sandwich (3 oz. Chicken, 1 Bun, 2 oz. Lettuce, 1 oz. Tomato, 1 oz. Onions) 1/2c Potato Wedges 1/2c Mexicorn 1/2c Cottage Cheese W/ Melon</p>	<p>THURSDAY 27, 2017 Beef Tacos (3 oz. Beef, 1 oz. Cheese, 2 oz. Lettuce, 1 oz. Tomato, 1 oz. Onion) 1/2c Pinto Beans 1/2c Jell-O W/ Pears</p>	<p>FRIDAY 28, 2017 4 oz. Baked Spicy Fish 1c Rice Pilaf 1/2c Mixed Veggies 1 WW Roll 1/2c Peaches</p>
				<p>8 oz-1% Milk Served with Meals</p>

North Central New Mexico Economic Development District

Council of Governments
Non-Metro Area Agency on Aging
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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4
		5	5	5	5
Calories	700	705	711	703	739
% Carbohydrates from Calories	45-55%	52.2%	50.1%	48.5%	48.2%
% Protein from Calories	15-25%	21.1%	21.4%	25.4%	25.6%
% Fat from Calories	25-35%	26.7%	28.4%	26.1%	26.2%
Saturated Fat	less than 8g	7.8g	7.1g	6.5g	7.3g
Fiber	5-7g	9.5g	9.6g	9.5g	9g
Vitamin B-12	.8ug	2.3ug	2.2ug	2.2ug	2.6ug
Vitamin A	300ug RAE	370ug	513ug	405ug	596ug
Vitamin C	30mg	69mg	36mg	79mg	35mg
Iron	2.6mg	5.3mg	4.6mg	4.7mg	5.2mg
Calcium	400mg	514mg	481mg	462mg	532mg
Sodium	less than 1000mg	759mg	750mg	838mg	704mg

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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