



TORRANCE COUNTY MARCH 2014

MONDAY 3, 2014 3 oz. Baked Pork Chop 4 oz. Mashed Potatoes & Gravy 4 oz. Green Peas 1 Biscuit 4 oz. Cherry Cobbler	TUESDAY 4, 2014 8 oz. Taco Soup 4 oz. Salad & 2T Dressing 1 Flour Tortilla & 2T Salsa 4 oz. Gelatin 4 oz. Apricots	Wednesday 5, 2014 1 Grilled Cheese (3 oz. Cheese, 2 sl. Wheat Bread) 8 oz. Vegetable Soup 4 Crackers 4 oz. Apricots	THURSDAY 6, 2014 3 oz. Chicken & 4 oz. Rice 4 oz. Broccoli 8 oz. Peas & Carrots 1 Potluck Roll 1T Margarine 1 Oatmeal Cookie	FRIDAY 7, 2014 3 oz. Baked Fish 2T Tartar Sauce 4 oz. Tater Tots 4 oz. Broccoli Salad 1 Dinner Roll & 1T Margarine 4 oz. Apricots
MONDAY 10, 2014 1 Chile Relleno 2 oz. Chile, 1 oz. cheese 8 oz. Tossed Salad 2 T Dressing 4 oz. Pinto Beans 6 Crackers 4 oz. Fruit cup	TUESDAY 11, 2014 3 oz. Baked Chicken 4 oz. Sliced Tomatoes 4 oz. Broccoli & Cheese 1 Wheat Roll 1T Margarine 4 oz. Strawberries & Bananas 1 Apple	Wednesday 12, 2014 8 oz. Lasagna 4 oz. Spinach 4 oz. Salad & 2T Dressing 4 oz. Pears 4 oz. Cottage Cheese 1 Peanut Butter Cookie	THURSDAY 13, 2014 1 Sour Cream Enchilada 1oz. Green Chile 4oz. Spanish Rice 4 oz. Pinto Beans 2T Salsa 1 Oatmeal Cookie 4 oz. Fruit Cocktail	FRIDAY 14, 2014 1 sl. Pizza 3 oz. Pepperoni Pizza 4 oz. Mixed Vegetables 4 oz. Pineapple 1 Peanut Butter Cookie
MONDAY 17, 2014 3 oz. Chicken Strips 4 oz. Glazed Carrots 4 oz. Asparagus 1 Potluck Roll & 1T Margarine 1 Oatmeal Cookie 4 oz. Peaches	TUESDAY 18, 2014 GC Hamburger (3 oz. Beef 1 Bun 3 oz. Lettuce & Tomato & Cheese 2 oz. Onions & Pickles) 4 oz. Ranch Beans 4 oz. Onion Rings 4 oz. Applesauce	Wednesday 19, 2014 1 Burrito Supreme 1 oz. Beef, 1 oz. Beans, 1 oz. Cheese 1 Tortilla) 4 oz. Spanish Rice 4 oz. Green Salad / 2T Dressing 4 oz. Apricots	THURSDAY 20, 2014 3 oz. Turkey Dinner 2 oz. Stuffing / 1 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Green Beans 4 oz. Strawberries 1 sl. Pumpkin Nut Bread	FRIDAY 21, 2014 1 Grilled Cheese (3 oz. Cheese, 2 sl. Wheat Bread) 8 oz. Vegetable Soup 4 Crackers 4 oz. Apricots
MONDAY 24, 2014 3 oz. Oven Fried Chicken 4 oz. Braised Onions 4 oz. Green Beans & Potatoes 4 oz. Carrot Raisin Salad 1 WW Bread / 4 oz. Mandarin Oranges / 1 Cookie	TUESDAY 25, 2014 8 oz. Beef Stew (3 oz. Beef, 3 oz. Vegetables, 1 oz. Gravy) 4 oz. Green Beans 4 Crackers 4 oz. Banana Pudding	Wednesday 26, 2014 3 oz. Pork Asada 4 oz. Buttered New Potatoes 4 oz. Hominy 1 Flour Tortilla 1 sl. Strawberry Shortcake	THURSDAY 27, 2014 4 oz. Spaghetti & 4 oz. Sauce 4 oz. Buttered Green Beans 4 oz. Green Salad / 2T Dressing 1 sl. Garlic Bread 4 oz. Gelatin Pears Topping	FRIDAY 28, 2014 8 oz. Tuna Macaroni 4 oz. Country Blend Vegetables w/ 1T margarine 1 Wheat Roll 4 oz. Vanilla Pudding
MONDAY 31, 2014 1 Sloppy Joe (3 oz. Beef, 1 Bun) 4 oz. Parsley Potatoes 4 oz. Mixed Vegetables 1 oz. Pickle & 2 oz. Onion Slices 4 oz. Cottage cheese and Pineapple	8 oz. 1% Low Fat Milk served with meals			Lunch is served 12 to 12:45 8 oz-1% milk served with meal Occasionally we must substitute food items We are sorry for the inconvenience



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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: 1
Calories	700	788	750	751	823	721
% Carbohydrates from Calories	45-55%	50%	53%	52%	50%	51%
% Protein from Calories	15-25%	23%	20%	22%	22%	22%
% Fat from Calories	25-35%	26%	25%	25%	27%	25%
Saturated Fat	less than 8g	8g	8g	7.2g	7.2g	7.6g
Fiber	5-7g	17g	10.8g	10.9g	9.3g	9.5g
Vitamin B-12	.8ug	2.1ug	2.0ug	2.1ug	3.1ug	2.8ug
Vitamin A	300ug RAE	1614ug	345ug	370ug	313ug	384ug
Vitamin C	30mg	60mg	101mg	55mg	30mg	55mg
Iron	2.6mg	6.6mg	5.1mg	5.6mg	5.6mg	5.2mg
Calcium	400mg	555mg	576mg	577mg	459mg	479mg
Sodium	less than 1000mg	792mg	899mg	909mg	923mg	996mg

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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