



North West New Mexico FEBRUARY 2013

8 oz. 1% Low Fat Milk Served With All Meals				FRIDAY 1, 2013 4 oz. Green Chili Pork Stew 8 oz. Salad 1 Sl. Cornbread 1 Apple
MONDAY 4, 2013 8 oz. Chicken Pot Pie 8 oz. Salad 4 oz. Caprese Tomato 4 oz. Jell-O w/ Oranges	TUESDAY 5, 2013 4 oz. Smothered Steak 4 oz. Parsley Potatoes 8 oz. Salad 1 Roll 1T Margarine 4 oz. Fruit Cocktail	Wednesday 6, 2013 1 Grilled Cheese Sandwich (3 oz. Cheese, 2 Sl. Bread) 8 oz. Lentil Soup 8 oz. Salad 1 Egg 1 S.F. Peanut Butter Cookies	THURSDAY 7, 2013 4 oz. Honey Mustard Chicken 8 oz. Green Beans 8 oz. Salad Roll 4 oz. Vanilla Pudding	FRIDAY 8, 2013 6 oz. Hamburger (3 oz. Beef Patty, 1 oz. Cheese, 1 Bun) 1 Dill Pickle 3 oz. Baked Beans 4 oz. Potato Salad 4 oz. Melon
MONDAY 11, 2013 6 oz. Goulash (3 oz. Beef, 2oz. Veggies, 1 oz. Potato) 4 oz. Carrots 8 oz. Salad 1 Sl. Garlic Bread 2 oz. Strawberry Shortcake	TUESDAY 12, 2013 6 oz. Orange Chicken 4 oz. Rice 8 oz. Salad 1 Roll 1T Margarine 4 oz. Raspberries	Wednesday 13, 2013 5 oz. Roast Beef 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Green Beans w/ mushrooms 8 oz. Salad 1 Roll, 1T Margarine 2 oz. S.F. Peach Cobbler	THURSDAY 14, 2013 5 oz. Chicken Breast 4 oz. Stuffing 4 oz. Snow Peas 8 oz. Salad 1 Roll 1T Margarine 4 oz. Strawberry Ice Cream	FRIDAY 15, 2013 8 oz. Beef Stroganoff (3 oz. Beef, 4 oz. Noodles) 8 oz. Salad 4 oz. Spinach 4 oz. Baked Apple
MONDAY 18, 2013 1 Beef Burrito (2 oz., Beef, 1 Tortilla) 3 oz. Pinto Beans 4 oz. Stewed Tomatoes 8 oz. Salad 4 oz. Jell-O with Mandarin Oranges	TUESDAY 19, 2013 3 oz. Fried Fish 1 Lemon Wedge 2T Tartar Sauce 4 oz. Potato Wedges 4 oz. Carrots 4 oz. Orange Sherbet	Wednesday 20, 2013 5 oz. Pork Loin 4 oz. Yams 8 oz. Green Beans 8 oz. Cabbage 1 Roll 1 T Margarine 4 oz. Cantaloupe	THURSDAY 21, 2013 1 Navajo Taco (2 oz. Beef, 1 Oz. Beans, 1 oz. Cheese) 4 oz. Spinach 8 oz. Salad 4 oz. Plums	FRIDAY 22, 2013 5 oz. Pork and Beans 8 oz. Beet Greens 8 oz. Cucumber Salad 1 Sl. Cornbread 8 oz. Peaches with Cottage Cheese
MONDAY 25, 2013 8 oz. Chicken Salad 3 oz. Lettuce, Tomato, Onion 1Roll, 1T Margarine 4 oz. Pickled Beets 4 oz. Melon	TUESDAY 26, 2013 1 Frito Pie (2 oz. Beef, 1 oz. Cheese, 1 oz. Beans) 4 oz. Broccoli 8 oz. Salad 4 oz. Peaches	Wednesday 27, 2013 8 oz. Fried Chicken 4 oz. Boiled Cabbage 4 oz. Parsley Potatoes 1 Roll 1T Margarine 4 oz. Vanilla Ice Cream	THURSDAY 28, 2013 Chili Bean (2 oz. Beef, 1 oz. Beans, 1 Cheese) 2 oz. Coleslaw 4 oz. Squash 1 Sl. Cornbread 4 oz. Grapes	

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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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:1	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:4
Calories	700	714	710	755	713	703
% Carbohydrates from Calories	45-55%	45%	49%	52%	47%	45%
% Protein from Calories	15-25%	25%	21%	19%	19%	20%
% Fat from Calories	25-35%	28%	28%	28%	33%	33%
Saturated Fat	less than 8g	6.8g	7.9g	6.8g	8g	8g
Fiber	5-7g	10g	10g	9g	7.6g	9g
Vitamin B-12	.8ug	2ug	2.1ug	1.8ug	1.9ug	2.1ug
Vitamin A	300ug RAE	760ug	607ug	669ug	322ug	1072ug
Vitamin C	30mg	46mg	96ug	45ug	42ug	68ug
Iron	2.6mg	4.1mg	5.4mg	5.9mg	3.8mg	5.1mg
Calcium	400mg	486mg	537mg	521mg	512mg	485mg
Sodium	less than 1000mg	655mg	992mg	888mg	849mg	677mg

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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