



City of Gallup AUGUST 2015

MONDAY 3, 2015 3 oz. Hot Roast Beef w/ 1 oz. Low Sodium Gravy 1c Mashed Potatoes w/ 1 oz. Low Sodium Gravy 1c Carrot Coins 1 WW Roll w/ 1 tsp. Margarine 1c Watermelon Slices	TUESDAY 4, 2015 4 oz. BBQ Chicken 1c Spinach 1/2c Peas & Carrots 1 Biscuit w/ 1 tsp Margarine 1 med Orange	Wednesday 5, 2015 3 oz. Meatloaf w/ 1 tsp. Ketchup 1/2c Corn 1/2c Zucchini 1 Biscuit w/ 1 tsp Margarine 1c Pineapple slices	THURSDAY 6, 2015 3 oz. Beef Tips over 1c Rice 1/2c Harvard Beets 1c Green Peas 1 oz. Green Chile 6 Crackers 1/2c Pears W/ Cottage Cheese	FRIDAY 7, 2015 Bean Burrito (4 oz. Beans, 1 oz. Cheese, 1 oz. Green Chile 1 Tortilla) 1c Tossed Salad w/ 2T low Fat Dressing 1c Orange-Pineapple Salad
MONDAY 10, 2015 3 oz. Low Sodium Ham 1/2c Candied Yams 1/2c Broccoli 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce	TUESDAY 11, 2015 Chicken Pot Pie (3 oz. Chicken, 1 oz. Sauce, 1/2c Vegetables) 1/2c Carrots Raisin Salad 1 oz. Green Chile 1/2c Apple Crisp	Wednesday 12, 2015 Chile Beans W/ Beef (1/2c Beans, 3 oz. Beef, 1 oz. Red Chile) 1/2c Coleslaw 1 piece Cornbread 1/2c Peaches	THURSDAY 13, 2015 3 oz. Pork Carnitas 1/2c Spinach 1c Spanish Rice 1 Tortilla 1 oz. Green Chile 1c Cantaloupe	FRIDAY 14, 2015 3 oz. Chicken Tenders 1/2c Steamed Cabbage 1c tater Tots 1 WW Roll w/ 1 tsp. Margarine 1/2c Mandarin Oranges in Orange Jell-O
MONDAY 17, 2015 Cheeseburger (3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Bun) 1/2c Lettuce, Tomato & Onion 1/2c French Fries 1/2c Pork & Beans 1 Chocolate Chip Cookie	TUESDAY 18, 2015 Red Chile Cheese Enchiladas (3 oz. Cheese, 1 Corn Tortilla, 1 oz. Red Chile) 1c Carrots 1c Yellow Squash 1/2c Sweet Rice	Wednesday 19, 2015 Beef Green Chile Stew (3 oz. Beef, 1 oz. Sauce, 1/2c Vegetables) 1 /2c Cabbage Slaw w/ Raisins 1 sl. Cornbread 1/2c Strawberries & Peaches	THURSDAY 20, 2015 3 oz. Salisbury Steak 1c Beets 1/2c Scalloped Potatoes 1oz. Green Chile 1 sl. WW Bread W/ 1 tsp Margarine 1c Tropical Fruit	FRIDAY 21, 2015 3 oz. Chile Relleno 1/2c Pinto Beans 1c Lettuce & Tomato 6 Crackers 1/2c Butterscotch Pudding
MONDAY 24, 2015 1c Beef Stroganoff w/ Mushrooms & Onions 1c Spinach 1 oz. Green Chile 1/2c Carrot Raisin Salad 1/2c Diced Pears	TUESDAY 25, 2015 1 Pig In A Blanket (3 oz. Frank, 1 oz. Biscuit) 1 tsp. each Mustard & Ketchup 1/2c Corn 1/2c Tater Tots 1c Purple Plums	Wednesday 26, 2015 3 oz. Chicken Fried Steak 1/2c Rice Pilaf 1c Cucumber Salad 1 Biscuit w/ 1 tsp. Margarine 1/2c Raspberry Jell-O with Fruit	THURSDAY 27, 2015 Hot Turkey Sandwich (3 oz. Turkey, 1 oz. Gravy, 1 sl. Bread) 1c Broccoli 1 oz. Green Chile 1/2c Cranberry Sauce 1 med Apple	FRIDAY 28, 2015 Hamburger (3 oz. Beef, 1 oz. Green Chile 1 Bun) 1c Lettuce, Tomato & Onions 1/2c Potato Salad 1/2c Pork & Beans 1c Watermelon
MONDAY 31, 2015 3 oz. Beef Patty w/ 1 oz. Onion Gravy 1c Spinach 1 WW Roll w/ 1 tsp. Margarine 1 sl. Pineapple Upside Down Cake 1/2c Sherbet				8 oz. 2% Milk Served With All Meals



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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	707	721	702	709	757
% Carbohydrates from Calories	45-55%	50%	46%	54%	52%	50%
% Protein from Calories	15-25%	24%	20%	20%	21%	23%
% Fat from Calories	25-35%	25%	34%	26%	28%	27%
Saturated Fat	less than 8g	7.6g	7.6g	7.8g	7.9g	7.7g
Fiber	5-7g	11g	8.9g	10.7g	10.7g	11.8g
Vitamin B-12	.8ug	2.4ug	1.9mg	2.7ug	2.3ug	3.6ug
Vitamin A	300ug RAE	678ug	357mg	576ug	341ug	1153ug
Vitamin C	30mg	121mg	101mg	106mg	66mg	80mg
Iron	2.6mg	6.4mg	5mg	5.5mg	6.4mg	10.9mg
Calcium	400mg	552mg	467mg	590mg	521mg	654mg
Sodium	less than 1000mg	671mg	887mg	887mg	824mg	594mg

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.

Jennifer Pas, RD, LD

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
505-827-7313