



Chaves County J.O.Y. Center MAY 2014

		8 oz. 2% Low Fat Milk Served With All Meals	Thursday, May 1, 2014 3.5 oz. Swiss Steak w/ Tomato & Onion Gravy 4 oz. Mashed Potatoes 6 oz. Meadow Blend Vegetables 1 WW Roll 7 oz. Bananas and Strawberries	Friday, May 2, 2014 3 oz. Tuna Sandwich 2oz Lettuce/ 2 oz. Tomato 4 oz. Coleslaw 2 "x2" Pineapple Upside Down Cake
MONDAY, May 5, 2014 CINCO DE MAYO 4 oz. Green Chile Beef Enchiladas 4oz. Pinto Beans 4 oz. Tossed Salad 4 ea. Crackers 4 oz. Sliced Peaches	TUESDAY, May 6, 2014 3 oz. Chicken Tenders w/ Gravy 4 oz. Mashed Potatoes 6 oz. Winter Blend Vegetables 6 oz. Chunky Fruit	WEDNESDAY, May 7, 2014 1 Chili Dog (3oz Frank 2 oz. Sauce 1.5 oz. Cheese/Onion) 4 oz. Mixed Vegetables 4 oz. Potato Wedges 6 oz. Whipped Fruit	THURSDAY, May 8, 2014 4 oz. Spaghetti & 3 oz. Meatballs 4 oz. Corn 4 oz. Tossed Salad 1 sl. Garlic Bread 4 oz. Applesauce	FRIDAY, May 9, 2014 MOTHER'S DAY DINNER 3 oz. Oven Fried Chicken 4 oz. Mashed Potatoes w/ 1 oz. Gravy 4 oz. Broccoli Florets 6 oz. Spinach Salad 2 oz. Black Forest Cake 1 oz. WW Roll
MONDAY, May 12, 2014 3 oz. Pork Cutlet w/Gravy 4 oz. Mashed Potatoes 4 oz. Mixed Greens 1 WW Roll 4 oz. Pineapple w/ 2 oz. Cottage Cheese	TUESDAY, May 13, 2014 3 oz. Stir Fry Beef over 4 oz. Rice 6 oz. Stir Fry Vegetables 4 oz. Tossed Salad 4 oz. Whipped Jell-O w/ 4 oz. Mandarin Oranges	WEDNESDAY, May 14, 2014 3 oz. Pork Steak Ole, Salsa 2 oz. 3 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Calabacitas 4 ea. Crackers 1 ea. Sugar Cookies	THURSDAY, May 15, 2014 3 oz. Meat Loaf w/ Gravy 4 oz. Mashed Potatoes 4 oz. Mixed Vegetable 1 WW Roll 4 oz. Strawberry / Peaches / Banana Compote	FRIDAY, May 16, 2014 3 oz. Ham & 1 oz. Cheese Sandwich 2 oz. Lettuce/ 2 oz. Tomato 4 oz. Baked Beans 6 oz. Tropical Fruit
MONDAY, May 19, 2014 3 oz. Beef Tips over 3 oz. Noodles 5 oz. Winter Blend Vegetables 1 WW Roll 8 oz. Apricots	TUESDAY, May 20, 2014 3 oz. Baked Ham 4 oz. Sweet Potatoes 4 oz. Brussels Sprouts 2"x2" Cornbread 4 oz. Apple Slices	WEDNESDAY, May 21, 2014 4 oz. Frito Pie 2 oz. Lettuce/ 2 oz. Tomato 1 oz. Onion/ .25 oz. Cheese 4 oz. Pinto Beans 1 oz. Angel Food Cake / 3 oz. Cherries	THURSDAY, May 22, 2014 3 oz. Hot Turkey, 1 sl. WW Bread 4 oz. Mashed Potatoes w/ 3 oz. Gravy 5 oz. Peas/ Mushrooms 6 oz. Bananas/Strawberries	FRIDAY, May 23, 2014 MEMORIAL DAY DINNER 1 oz. Green Chile, 1oz Cheese, 3 oz. Burger 2 oz. Lettuce/ 2 oz. Tomato/ 1 oz. Onion/ 1 oz. Pickle 4 oz. Potato Salad 8 oz. Watermelon
MONDAY, May 26, 2014 Closed MEMORIAL DAY 	TUESDAY, May 27, 2014 3.5 oz. Country Fried Steak w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. California Bend Vegetables 1 WW Roll 4 oz. Pears in Grape Juice	Wednesday, May 28, 2014 4 oz. Red Chile Chicken Enchiladas 4 oz. Pinto Beans 4 oz. Tossed Salad w/ Dressing 4 ea. Crackers 4 oz. Peaches w/ 3 oz. Cottage Cheese	Thursday, May 29, 2014 3 oz. Hamburger Steak w/ 2 oz. Gravy 4 oz. Brown Rice 8 oz. Capri Vegetables 1 WW Roll 4 oz. Tropical Fruit 1ea. Chocolate Chip Cookie	Friday, May 30, 2014 3 oz. Chicken Salad Sandwich 2 oz. Lettuce/ 2 oz. Tomato 6 oz. Pea Salad 4 oz. Jell-O w/ 4 oz. Fruit



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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: 2	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 4
Calories	700	709	710	715	710	717
% Carbohydrates from Calories	45-55%	51%	50%	49%	50%	49%
% Protein from Calories	15-25%	21%	24%	25%	24%	24%
% Fat from Calories	25-35%	26%	25%	25%	25%	25%
Saturated Fat	less than 8g	7.38g	7.9g	7.9g	7.8g	7.8g
Fiber	5-7g	11g	11g	10g	11g	11g
Vitamin B-12	.8ug	2.2ug	2.3ug	2.5ug	2.7ug	2.5ug
Vitamin A	300ug RAE	507ug	450ug	424ug	467ug	511ug
Vitamin C	30mg	77mg	68mg	52mg	60mg	64mg
Iron	2.6mg	5.3mg	5.4mg	5mg	94mg	5.1mg
Calcium	400mg	471mg.	488mg	486mg	476mg	506mg
Sodium	less than 1000mg	856mg	885mg	829mg	980mg	931mg

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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