



Las Cruces 5 Week Rotation 2014

MONDAY 2014 8 oz. Beefaroni 4 oz. Seasoned Spinach 1 Cheese Biscuit 4 oz. Chilled Apricots 8 oz. 1% Low Fat Milk	TUESDAY 2014 1 Chicken Fajita (2 oz. Chicken, 1 oz. Cheese, 1 Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 2T Pico De Gallo W/ Avocado 1 Apple 8 oz. 1% Low Fat Milk	WEDNESDAY 2014 Hot Turkey Sandwich (3 oz. Turkey, 1 sl. Bread, 1 oz. Gravy) 4 oz. Garden Salad 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Sliced Carrots 1 sl. Applesauce Cake 8 oz. 1% Low Fat Milk	THURSDAY 2014 4 oz. Chicken, Cranberry, Grape, Pecan Salad 4 oz. Macaroni Salad 4 oz. Sliced Tomato 1 Dinner Roll 6 oz. Cantaloupe 8 oz. 1% Low Fat Milk	FRIDAY 2014 3 oz. Meatloaf 1 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Cauliflower 1 Dinner Roll 4 oz. Chocolate Pudding 8 oz. 1% Low Fat Milk
MONDAY 2014 4 oz. Rigatoni W/ 4 oz. Meat Sauce 4 oz. Garden Salad 4 oz. Broccoli 1 Dinner Roll 4 oz. Grapes 8 oz. 1% Low Fat Milk	TUESDAY 2014 3 oz. Baked Chicken 4 oz. Summer Salad 1 sl. Cornbread Dressing 4 oz. Mixed Vegetables 1 sl. Chocolate Cake W/ Frosting 8 oz. 1% Low Fat Milk	WEDNESDAY 2014 3 oz. Pork Roast 4 oz. Pineapple Cole Slaw 4 oz. Baked Yam 4 oz. Peas 1 sl. Jalapeno Cornbread 4 oz. Chilled Pears 8 oz. 1% Low Fat Milk	THURSDAY 2014 Egg Salad Sandwich (4 oz. Egg Salad, 2 sl. Bread) 4 oz. Sunshine Salad 4 oz. Tomato Slices 1 oz. Sun Chips 1 Oatmeal Raisin Cookie 8 oz. 1% Low Fat Milk	FRIDAY 2014 3 oz. Yankee Pot Roast W/ 4.8 oz. of Potato, Celery, Carrot & Onion 4 oz. Pea Salad 1 Honey Biscuit 4 oz. Vanilla Wafer Pudding 8 oz. 1% Low Fat Milk
MONDAY 2014 3 oz. Curried Chicken 4 oz. Buttered Noodles 4 oz. Squash W/ Corn 1 Dinner Roll 4 oz. Cherry Crisp 8 oz. 1% Low Fat Milk	TUESDAY 2014 4 oz. Tuna Salad 4 oz. Cucumber Salad 4 oz. Sliced Tomato 1 Dinner Roll 1 sl. Pineapple Up Side Down Cake 8 oz. 1% Low Fat Milk	WEDNESDAY 2014 Green Enchilada (3 oz. Cheese, 1 oz. Green Chile, 1 Corn tortilla) 4 oz. Lettuce & Tomato 4 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Sherbet 8 oz. 1% Low Fat Milk	THURSDAY 2014 4 oz. Pepper Steak (3 oz. Beef, 1 oz. Peppers) 4 oz. Carrot Raisin Salad 4 oz. Steamed Rice 4 oz. Brussels Sprouts 1 Whole Wheat Bread 1 Banana 8 oz. 1% Low Fat Milk	FRIDAY 2014 Meat Lasagna (2 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 4 oz. Noodles) 4 oz. Spinach Salad 4 oz. Italian Vegetable 1 Dinner Roll 4 oz. Tropical Fruit 8 oz. 1% Low Fat Milk
MONDAY 2014 Green Chile W/ Meat (3 oz. Beef) 4 oz. Garden Salad 6 oz. Sopa 4 oz. Pinto Beans 1 Tortilla 8 oz. Watermelon 8 oz. 1% Low Fat Milk	TUESDAY 2014 Chef's Salad W/ 3 oz. Turkey, 3 oz. Egg, 2 oz. Cheese & 4 oz. Vegetables 4 oz. Beet & Onion Salad 1 Dinner Roll 1 sl. Pumpkin Bread 8 oz. 1% Low Fat Milk	WEDNESDAY 2014 3 oz. Roast Beef W/ 1 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Green Beans 1 Wheat Roll 4 oz. Yogurt W/ Fruit 8 oz. 1% Low Fat Milk	THURSDAY 2014 4.9 oz. Teriyaki Chicken 4 oz. Fried Rice 4 oz. Oriental Vegetables 1 Dinner Roll 1 Peanut Butter Cookie 8 oz. 1% Low Fat Milk	FRIDAY 2014 3 oz. Salmon Patty 4 oz. Pineapple Cole Slaw 4 oz. Oven Roasted Potatoes 4 oz. Asparagus 1 Dinner Roll 4 oz. Chilled Peaches 8 oz. 1% Low Fat Milk
MONDAY 2014 3.3 oz. Chicken Alfredo 4 oz. Penne Pasta 2 Tomato Slices 4 oz. Winter Mix 1 WW Roll 4 oz. Apple Crisp 8 oz. 1% Low Fat Milk	TUESDAY 2014 3 oz. Swiss Steak 4 oz. Tossed Salad 4 oz. Baked Potato 4 oz. Peas & Carrots 1 Dinner Roll 4 oz. Pineapple Chunks 8 oz. 1% Low Fat Milk	WEDNESDAY 2014 BBQ Beef Sandwich (3 oz. BBQ Beef, 1 Bun) 4 oz. Potato Sandwich 4 oz. Ranch Style Beans 4 oz. Celery & Carrot Sticks 4 oz. Fruit Salad 8 oz. 1% Low Fat Milk	THURSDAY 2014 4.3 oz. Lime Grilled Chicken 4 oz. Garden Salad 4 oz. Calico Rice 4 oz. Corn 1 Diner Roll 1 sl. Mandarin Upside Down Cake 8 oz. 1% Low Fat Milk	FRIDAY 2014 Beef Fajita (2 oz. Beef, 1 oz. Cheese, 1 Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 2T Pico De Gallo W/ Avocado 1 Orange 8 oz. 1% Low Fat Milk

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	Menu Week 5
		Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	769	729	726	737	747
% Carbohydrates from Calories	45-55%	47%	50%	52%	48%	50%
% Protein from Calories	15-25%	23%	22%	21%	24%	23%
% Fat from Calories	25-35%	28%	27%	25%	27%	26%
Saturated Fat	less than 8g	6.6g	7.1g	7g	6.3g	6.7g
Fiber	5-7g	9.8g	10g	9g	7.5g	10g
Vitamin B-12	.8ug	2.2ug	2.4ug	2.4ug	3.4ug	2.5ug
Vitamin A	300ug RAE	580ug	474ug	405ug	353ug	439ug
Vitamin C	30mg	78mg	61mg	47mg	63mg	68mg
Iron	2.6mg	5.2mg	5.3mg	5.3mg	5.4mg	5.7mg
Calcium	400mg	502mg	439mg	496mg	532mg	445mg
Sodium	less than 1000mg	670mg	671mg	634mg	607mg	631mg

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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