



Chaves County JANUARY 2014

8 oz. 2 % Low Fat Milk Served Daily Lunch served 11:30 to 12:30		WEDNESDAY, Jan. 1, 2014 NEW YEARS DAY HAPPY NEW YEAR!!!! JOY CENTERS CLOSED	THURSDAY 2, 2014 3 oz. Pepper Steak w/Gravy 4 oz. Mashed Potatoes 4 oz. Peas and Carrots 1 WW Roll 4 oz. Fruit cocktail 1 Sugar Cookie	FRIDAY 3, 2014 1 Chicken Sandwich (3 oz. Chicken 1 oz. Green Chili, 2 oz. Lettuce & Tomato) 4 oz. Cole Slaw 4 oz. Vanilla Pudding
MONDAY 6, 2014 8 oz. Hamburger Macaroni Casserole 6 oz. Meadow Blend Vegetables 1 WW Roll 4 oz. Strawberry/Peach/Banana Compote	TUESDAY 7, 2014 3 oz. Pork Cutlet w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Turnip Greens w/Tomato and Onion 1 WW Roll 1 Peanut Butter Cookie	Wednesday 8, 2014 8 oz. Taco Salad (3 oz. Beef/Turkey) 2 oz. Lettuce/2 oz. Tomato .25 oz. Cheese /5 oz. Onion /1oz Tortilla Chips 4 oz. Black Beans 6 oz. Orange/Pineapple Salad	THURSDAY 9, 2014 3 oz. Baked Teriyaki Chicken 4 oz. Parsley Potatoes 6 oz. Broccoli and Carrots 1 WW Roll 3 oz. Peach Cobbler	FRIDAY 10, 2014 1 Green Chile Hamburger 4 oz. Lettuce/Tomato 2 oz. Onion/Pickles 6 oz. Pork and Beans 4 oz. Sliced Apples 1 Chocolate Chip Cookie
MONDAY 13, 2014 3 oz. Hamburger Steak w/ 2 oz. Gravy 4 oz. Brown Rice 8 oz. Peas and Carrots 1 WW Roll 4 oz. Tropical Fruit	TUESDAY 14, 2014 3.5 oz. Chicken and 4 oz. Stuffing w/2 oz. Gravy 8 oz. Broccoli & Cauliflower 1 WW Roll 4 oz. Fruit Cocktail	Wednesday 15, 2014 1 Chili Dog 2 oz. Chile 1 oz. Cheese/ .5 oz Onion 4 oz. Mixed Vegetables 4 oz. Tater Tots 4 oz. Whipped Strawberries and Bananas	THURSDAY 16, 2014 4 oz. Spaghetti w/ 5 oz. Meat Sauce 4 oz. Corn 4 oz. Spinach Salad 1 WW Roll 4 oz. Apple Sauce	FRIDAY 17, 2014 3 oz. Fish Sandwich 4 oz. Broccoli 4 oz. Cucumber/Carrot Salad 4 oz. Pears in Grape Juice 1 Oatmeal Raisin
MONDAY 20, 2014 MARTIN LUTHER KING JR DAY JOY CENTERS CLOSED	TUESDAY 21, 2014 3 oz. Chicken Tenders w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. California Blend Vegetables 1 WW Roll 6 oz. Chunky Fruit	Wednesday 22, 2014 Green Chile Beef Enchiladas (6oz serving casserole) 4 oz. Pinto Beans 4 oz. Lettuce/Tomato 4 Crackers 4 oz. Pears w/2 oz. Cottage Cheese	THURSDAY 23, 2014 3oz. Chicken w/ 2 oz. Mushroom Gravy 3 oz. Rice Pilaf 8 oz. Green Beans 1 WW Roll 4 oz. Lime Jell-O w/ 4oz. Pineapple Chunks	FRIDAY 24, 2014 1 Sloppy Joe on a Bun (3 oz. Ground Beef/Turkey, 1 Bun) 4 oz. Mixed Vegetables 4 oz. Cucumber / Onion / Tomato Salad 4 oz. Diced Peaches
MONDAY 27, 2014 8 oz. Biscuit Pot Pie 4 oz. Spinach 6 oz. Banana Pudding	TUESDAY 28, 2014 8 oz. Stir Fry Beef over Rice 4 oz. Stir Fry Vegetables 4 oz. Tossed Salad 1 WW Roll 8 oz. Whipped Orange Jell-O w/Mandarin Orange Slices	Wednesday 29, 2014 3 oz. Pork Steak Ole 4 oz. Pinto Beans 2 oz. Spanish Rice 4 oz. Tossed Salad 1 sq. Jalapeno Cornbread 4 oz. Fruit Salad	THURSDAY 30, 2014 3 oz. Chicken Tahitian 4 oz. Parsley Potatoes 6 oz. Winter Blend Vegetables 1 WW Roll 4 oz. Angel Food Cake w/Cherries	FRIDAY 31, 2014 3 oz. BBQ Beef on a Bun 4 oz. Lettuce/Tomato 1 oz. Onion/Pickles 4 oz. Tater Tots 6 oz. Mixed Fruit

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



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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: 4	Days in Week: 5
Calories	700	710	704	710	707	727
% Carbohydrates from Calories	45-55%	48%	49%	52%	48%	50%
% Protein from Calories	15-25%	22%	24%	24%	25%	24%
% Fat from Calories	25-35%	29%	25%	25%	26%	25%
Saturated Fat	less than 8g	7.8g	7.8g	7.6g	7.4g	7.6g
Fiber	5-7g	9g	12g	11g	11g	10g
Vitamin B-12	.8ug	2.1ug	2.7ug	2.9ug	2.4ug	2.4ug
Vitamin A	300ug RAE	406ug	587ug	522ug	449ug	520ug
Vitamin C	30mg	80mg	49mg	77mg	31mg	48mg
Iron	2.6mg	4.4mg	6.4mg	5.3mg	5.3mg	6mg
Calcium	400mg	441mg	500mg	494mg	461mg	464mg
Sodium	less than 1000mg	847mg	850mg	916mg	873mg	986mg

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 Gilmore, RD, LD

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