



2 % Milk Served With All Meals

Chaves County Joy Center DECEMBER 2013

MONDAY 2, 2013 3 oz. Country Fried Steak w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Sliced Carrots 1 WW Roll 4 oz. Pineapple Chunks	TUESDAY 3, 2013 Orange Chicken over Rice (3 oz. Chicken, 2 oz. Sauce, 3 oz. Rice) 6 oz. Spinach Salad 1WW Roll 2.5 oz. Blueberry Cobbler	Wednesday 4, 2013 3 oz. Asado 6 oz. Pinto Beans 4 oz. Tossed Salad w/Dressing 4 Crackers 4 oz. Sliced Apples	THURSDAY 5, 2013 3 oz. Chicken w/Mushroom 2 oz. Gravy 4 oz. Rice Pilaf 8 oz. Green Beans 1 WW Roll 8 oz. Whipped Jell-O w/ Mandarin Orange Slices	FRIDAY 6, 2013 3 oz. Hot Roast Beef Sandwich w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Meadow Blend Vegetables 4 oz. Tapioca Pudding
MONDAY 9, 2013 7 oz. Chicken Noodle Casserole 8 oz. California Blend Vegetables 1 WW Roll 6 oz. Peaches w/ Cottage Cheese	TUESDAY 10, 2013 3 oz. Salisbury Steak w/ 2 oz. Gravy 4 oz. Scalloped Potatoes 4 oz. Spinach 1 WW Roll 4 oz. Tropical Fruit	Wednesday 11, 2013 Green Chile Chicken Enchiladas (2 oz. Chile, 2 oz. Chicken, 1Tortilla, .5oz Cheese) 4 oz. Tossed Salad w/Dressing 4 oz. Pinto Beans 4 Crackers 4 oz. Whipped Strawberries & Bananas	THURSDAY 12, 2013 3 oz. Pot Roast w/2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Cooked Carrots 1 WW Roll 1 oz. Pound Cake w/ 2 oz. Cherries	FRIDAY 13, 2013 2 oz. Ham and Cheese Sandwich 4 oz. Lettuce/Tomato 4 oz. Baked Beans 4 oz. Diced Apricots 1 Peanut Butter Cookie
MONDAY 16, 2013 3 oz. Swiss Steak w/ 2 oz. Tomato Onion Gravy 4 oz. Mashed Potatoes 4 oz. Capri Blend Vegetables 1 WW Roll 4 oz. Banana Pudding	TUESDAY 17, 2013 10 oz. Chicken Vegetable Bake 4 oz. Tossed Salad 1 sl. Garlic Bread 8 oz. Cherry Jell-O w/Fruit	Wednesday 18, 2013 3 oz. Beef Fajitas 4 oz. Fajita Blend Vegetables 4 oz. Pinto Beans 4 Crackers 1 Chocolate Chip Cookie 4 oz. Mandarin Orange Slices	THURSDAY 19, 2013 3 oz. Chicken Tahitian 4 oz. Parsley Potatoes 6 oz. Winter Blend Vegetables 1 WW Roll 1 oz. Angel Food Cake w/ 4 oz. Blueberries	FRIDAY 20, 2013 Green Chili Cheeseburger (3 oz. Beef, 2 oz. Chile, 1oz Cheese) 4 oz. Lettuce/Tomato 2 oz. Pickle/Onion 4 oz. Pork n Beans 4 oz. Chunky Fruit
MONDAY 23, 2013 CHRISTMAS DINNER 3 oz. Baked Ham 4oz. Sweet Potatoes 4 oz. Green Beans 1 sl. Cornbread 4 oz. Fruit Salad	TUESDAY 24, 2013 JOY CENTERS CLOSED	Wednesday 25, 2013 MERRY CHRISTMAS JOY CENTERS CLOSED	THURSDAY 26, 2013 8 oz. Biscuit Pot Pie 4 oz. Broccoli 4 oz. Pears in Grape Juice	FRIDAY 27, 2013 3 oz. Sloppy Joe Sandwich 4 oz. Potato Salad 4 oz. Cucumber Salad 4 oz. Diced Peaches 1 Oatmeal Raisin Cookie
MONDAY 30, 2013 NEW YEAR'S DINNER 3 oz. Pork Loin w/Gravy 4 oz. Black-Eyed Peas 4 oz. Cooked Cabbage 1 WW Roll 3 oz. Strawberry Short Cake w/ Topping	TUESDAY 31, 2013 JOY CENTERS CLOSED	WEDNESDAY, January 1, 2014 HAPPY NEW YEAR JOY CENTERS CLOSED	Thursday, January 2, 2014 3 oz. Pepper Steak w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Peas and Carrots 1 WW Roll 4 oz. Fruit Cocktail 1 Sugar Cookie	FRIDAY January 3, 2013 3 oz. Chicken Sandwich 2oz each of Green Chile/Lettuce/Tomato 4 oz. Cole Slaw 4 oz. Vanilla Pudding

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: 5	Days in Week: 5	Days in Week: 5	Days in Week: 3	Days in Week: 3
Calories	700	729	716	713	725	710
% Carbohydrates from Calories	45-55%	50%	50%	50%	50%	48%
% Protein from Calories	15-25%	24%	24%	24%	22%	22%
% Fat from Calories	25-35%	25%	25%	25%	27%	29%
Saturated Fat	less than 8g	7g	7.9g	7.6g	7.7g	7.8g
Fiber	5-7g	10 g	11g	11g	9g	9g
Vitamin B-12	.8ug	2.6ug	2.5ug	2.6ug	2.3ug	2.1ug
Vitamin A	300ug RAE	587ug	652ug	355ug	600ug	406ug
Vitamin C	30mg	40mg	51mg	79mg	65mg	80mg
Iron	2.6mg	5.9mg	5.4mg	6.2mg	4mg	4.4mg
Calcium	400mg	462mg	531mg	498mg	425mg	441mg
Sodium	less than 1000mg	983mg	862mg	902mg	907mg	847mg

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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