



LAS CRUCES MAY 2016

MONDAY 2, 2016 1 serving Baked Pork Chop 1/2c Baked Yams 1/2c Brussel Sprouts 1 piece Jalapeno Cornbread 1/2c Applesauce	TUESDAY 3, 2016 4 oz. Pepper Steak 1/2c Steamed Rice 1/2c Sliced Carrots 1/2c Peas Salad 1 Dinner Roll 1 Neiman Marcus Cookie	Wednesday 4, 2016 1 serving Chicken Fajita 1/2c Spanish Rice 1/2c Pinto Beans 1 Tortilla 1 serving Pico De Gallo w/ Avocado 1 med Apple	THURSDAY 5, 2016 8 oz. Rigatone w/ Meat Sauce 1/2c Broccoli 1/2c Garden Salad 1 Dinner Roll 1/2c Cantaloupe	FRIDAY 6, 2016 1 serving Hamburger 1/4c Lettuce, Tomato & Onion 1/2c Tater Tots 1/2c Corn 1/2c Fruit Salad
MONDAY 9, 2016 3/4c Picadillo 3/4c Sopa 1/2c Pinto Beans 1 Tortilla 1/2c Yogurt w/ Fruit	TUESDAY 10, 2016 1 serving Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 Dinner Roll 1/2c Tropical Fruit	Wednesday 11, 2016 10.4 oz. Turkey Divan 1 Baked Potato 1/2c Beet & Onion Salad 1 sl. Pumpkin Bread	THURSDAY 12, 2016 1 serving Chicken Chow Mein 1/2c Fried Rice 1/2c Cucumber Salad 1 Dinner Roll 1/2c Chilled Pineapple	FRIDAY 13, 2016 1 serving BBQ Pork Sandwich 1/2c Macaroni Salad 1/2c Ranch Style Beans 1 Banana
MONDAY 16, 2016 1 serving Steak Ranchero 1/2c Oven Dill Potatoes 1/2c Peas & Carrots 1/2c Tapioca Pudding	TUESDAY 17, 2016 1 serving Lemon Herb Chicken 1/2c Calico Rice 1/2c Winter Mix Vegetables 1 Dinner Roll 1 sl. Chocolate Cake w/ Frosting	Wednesday 18, 2016 1 serving Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Green Beans 1 Dinner Roll 1 Oatmeal Cookie	THURSDAY 19, 2016 1 serving Green Enchilada 1/2c Spanish Rice 1/2c Pinto Beans 1/2c Lettuce & Tomato 1 piece Blueberry Crisp	FRIDAY 20, 2016 1 1/2c Chef Salad w Turkey, Egg, Cheese & Vegetables 1/2c Lime Jell-O w/ Pineapple & Cottage Cheese 1 Dinner Roll 1 sl. Applesauce Cake
MONDAY 23, 2016 1 serving Chicken Alfredo 1/2c Penne Pasta 1/2c Asparagus 1 Dinner Roll 1/2c Banana Pudding w/ Wafer	TUESDAY 24, 2016 1 piece Meat Lasagna 1/2c Cauliflower 1/2c Spinach Salad w/ Egg 1 Dinner Roll 1/2c Chilled Peaches	Wednesday 25, 2016 1 each Taco Salad 1/2c Spanish Rice 1/2c Pinto Beans 1/2c Tossed Salad 1 sl. Pineapple Upside Down Cake	THURSDAY 26, 2016 1 serving Cornflake Chicken 1/3c Poultry Stuffing w/ Gravy 1/2c Sliced Carrots 1/2c Garden Salad 1 Cheese Biscuit 1/2c Fruit Salad	FRIDAY 27, 2016 3 oz. Chicken Fried Steak 1/2c Mashed potatoes 1/2c Corn 1 piece Cherry Crisp
MONDAY 30, 2016 MEMORIAL DAY!!	TUESDAY 31, 2016 5.4 oz. Beef Stroganoff 1/2c Egg Noodles 1/2c Beet & Onion Salad 1/2c Seasoned Spinach 1 Dinner Roll 1/2c Chilled Pears			8 oz. 1% 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	721	776	742	725	704
% Carbohydrates from Calories	45-55%	47.7%	50.7%	50.7%	51.2%	53.1%
% Protein from Calories	15-25%	24%	23.8%	20.5%	22.3%	16.4%
% Fat from Calories	25-35%	28.3%	25.5%	28.8%	26.5%	30.4%
Saturated Fat	less than 8g	7.9g	6.3g	8g	7.8g	7.1g
Fiber	5-7g	9.9g	9.4g	7g	7.6g	6.4g
Vitamin B-12	.8ug	2.5ug	2.4ug	2ug	2.4ug	2.7ug
Vitamin A	300ug RAE	435ug	345ug	361ug	413ug	352ug
Vitamin C	30mg	88mg	72mg	39.2mg	49.7mg	70mg
Iron	2.6mg	5.4mg	5.8mg	4.1mg	5.7mg	5.1mg
Calcium	400mg	448mg	473mg	519mg	531mg	453mg
Sodium	less than 1000mg	591mg	607mg	673mg	656mg	696mg

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