



SANTA FE COUNTY AUGUST 2015

MONDAY 3, 2013 3 oz. Creole Pork Chop w/ 1/2c Pasta 1/2c Glazed Carrots w/ Almonds 1 sl. French Bread 1/2c Mandarin Orange Slices	TUESDAY 4, 2013 3 oz. Chicken Fried Steak w/ 2T Cream Gravy 1/2c Mashed Potatoes 1/2c Peas 1 each WW /Roll 1 Sq. Walnut Brownies	Wednesday 5, 2013 Green Chile Cheese Burgers (3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Bun) 1/2c Potato Salad 1/2c Baked Beans 1c Watermelon	THURSDAY 6, 2013 3 oz. Pork Roast w/ 1 med. Baked Potato 1/2c Corn 1c Tossed Salad w/ 2T dressing 1 each WW /Roll 1 sl. Pineapple Upside-Down Cake	FRIDAY 7, 2013 Turkey Wrap (3 oz. Turkey 1 oz. Cheese, 1 Tortilla) 1 oz. Potato Chips Pasta Salad 1/2c Cottage Cheese w/ Pineapple
BBQ DAY				
MONDAY 10, 2013 4 oz. Tuna Salad on 1 WW / Roll 1/2c Leaf Lettuce & tomato 1 oz. Chips 1/2c Jell-O w/ Bananas	TUESDAY 11, 2013 Burrito (4 oz. Bean, 1 oz. Beef, 1 oz. Cheese, 1 Tortilla) 1/2c Lettuce, Tomato & Onion 1/2 c Corn 1 each Peanut Butter Cookie	Wednesday 12, 2013 3 oz Baked Seasoned Pork Chops 1 med. Baked Potato 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Spinach 1 each WW / Roll w/ 1 tsp. Margarine 1 sl. Strawberry Short Cake	THURSDAY 13, 2013 3 oz. BBQ Chicken 1/2c Coleslaw 1c Mixed Veggies 1/2c Chocolate Pudding	FRIDAY 14, 2013 8 oz. Lentil Stew 1/2c Brussel Sprouts 1 sl. Cornbread 1c Cantaloupe Slice
MONDAY 17, 2013 3 oz. Herb Crusted Tilapia 1c Wild Rice 1/2c Green Beans 1 each WW / Roll 1 sl. Cherry Pie w/ Whipped Topping	TUESDAY 18, 2013 Beef Tacos w/ 1/2c Garnish & Salsa (3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas) 2T Salsa 1/2c Beans 1/2c Spinach 1c Plums	Wednesday 19, 2013 4 oz. Chicken Fettuccini Alfredo (3 oz Chicken, 1/2c Fettuccini Alfredo) 1/2c Mixed Veggies 1 sl. Garlic Toast 1/2c Peaches & Strawberries w/ Whipped Topping	THURSDAY 20, 2013 Beef Fajita (3 oz. Beef, 1/4c Peppers & Onions, 1 Tortilla) 1/2c Spanish Rice 1/2c Corn 1/2c Cottage Cheese w/ Fruit	FRIDAY 21, 2013 1 Bratwurst on 1 WW Bun 1/2c Coleslaw w/ Carrots & Raisins 1c Watermelon
MONDAY 24, 2013 4 oz. Pork Chop Suey 1c Steamed Rice w/ Broccoli 1 each Mini Veggie Egg Roll 1c Fruit Yogurt	TUESDAY 25, 2013 4 oz. Cranberry Chicken Salad 1c Lettuce & Tomato 1c Carrot & Celery Sticks 1 each Oatmeal Cookie	Wednesday 26, 2013 Posole w/ Pork (3 oz. Pork, 1 oz Sauce, 1/2c Hominy) 1/2c Calabacitas 1c Tossed Salad w/ 2T Low Fat Dressing 1 Flour Tortilla 1/2c Jell-O w/ Fruit	THURSDAY 27, 2013 3 oz. Meatloaf w/ 2T Brown Gravy 1 med. Baked Potato 1/2c Asparagus 1 each WW /Roll 1 sl. White Cake w/ Cherry Topping	FRIDAY 28, 2013 1 sl. Veggie Pizza (Onions, Peppers, Mushrooms, Olives & Spinach) 1/2 c Pasta Salad 1/2c Apple Slices
MONDAY 31, 2013 1c Tamale Pie w/ Chili Beans 1c Garnish 1/2c Mexicorn 1/2c Sweet Rice				8 oz. 2% Milk Served With All Meals

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: 5	Days in Week: 1
Calories	700	714	700	705	714	727
% Carbohydrates from Calories	45-55%	49%	50%	47%	50%	55%
% Protein from Calories	15-25%	22%	22%	23%	23%	19%
% Fat from Calories	25-35%	29%	27%	29%	27%	25%
Saturated Fat	less than 8g	8g	5.9g	7.5g	8g	8g
Fiber	5-7g	8.6g	12g	9g	8.2g	11g
Vitamin B-12	.8ug	2.3ug	2ug	2.5ug	1.8ug	2.2ug
Vitamin A	300ug RAE	406ug	683ug	469ug	358ug	335ug
Vitamin C	30mg	49mg	66mg	40mg	67mg	49mg
Iron	2.6mg	5.2mg	6.2mg	6mg	5.5mg	4.9mg
Calcium	400mg	516mg	534mg	470mg	588mg	615mg
Sodium	less than 1000mg	879mg.	819mg	634mg	650mg	555mg

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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