



CHAVES COUNTY J.O.Y CENTER JANUARY 2016

8 oz. 2 % Low Fat Milk Served Daily				FRIDAY 1, 2016 NEW YEARS DAY HAPPY NEW YEAR!!!! CENTER CLOSED
MONDAY 4, 2016 3 oz Country Fried Steak 4 oz Mashed Potatoes/ 2 oz Gravy 4 oz California Blend Vegetables 1 ea WW Roll 4 oz Pears in Grape Juice	TUESDAY 5, 2016 3 oz Beef Tips over 4 oz Brown Rice 4 oz Broccoli 4 oz Tossed Salad 1 ea WW Roll 6 oz Apple Slices	Wednesday 6, 2016 3 oz Asado 4 oz Pinto Beans 4 oz Spanish Rice 6 oz Tossed Salad 4 ea Crackers 4 oz Fruit Salad	THURSDAY 7, 2016 3 oz Meatloaf w/ 2 oz Brown gravy 4 oz Mashed Potatoes 4 oz Peas and Carrots 1 ea WW Roll 4 oz Plums	FRIDAY 8, 2016 3 oz Grilled Chicken Sandwich 1 oz Lettuce/1 oz Tomatoes 4 oz Coleslaw 4 oz Beet Salad 1 ea Oatmeal Cookie
MONDAY 11, 2016 88 oz Hamburger Macaroni Casserole 6 oz Meadow Blend Vegetables 1 ea WW Roll 6 oz Strawberry/ Banana	TUESDAY 12, 2016 3 oz Baked Chicken 4 oz Parsley Potatoes 5 oz Spinach Salad 1 ea WW Roll 1 ea Angel Cake w/3 oz Fruit	Wednesday 13, 2016 6 oz Green Chile stew 4 oz Pinto Beans 4 oz Tossed salad 1/3 TBS. Ranch 4 ea Crackers 6 oz Orange Jell-O w/ Fruit	THURSDAY 14, 2016 3 oz Pork Cutlet w/ 2 oz Gravy 4 oz Brown Rice 4 oz Brussel Sprouts/ 4 oz Carrots 1 ea WW Roll 4 oz Apricot	FRIDAY 15, 2016 2 oz Chile Cheese 1 ea Hot Dog 4 oz Potato Wedges 4 oz Mixed Vegetables 6 oz Peaches/ Strawberries
MONDAY 18, 2016 Martin Luther King Day Center Closed	TUESDAY 19, 2016 4 oz Spaghetti w/ 3 oz Meatballs 3 oz Sauce 4 oz Corn 4 oz Tossed Salad 1 ea Garlic Bread 4 oz Apple Sauce	Wednesday 20, 2016 6 oz Green Chile Beef Enchiladas 4 oz Pinto Beans 6 oz Tossed Salad 4 ea Crackers 6 oz Peaches	THURSDAY 21, 2016 3 oz Baked Fish 4 oz. Brown Rice 3 oz Broccoli/ 3 oz Cauliflower 6 oz Tossed Salad ½ TBS. Italian 1 ea Cake/3 oz Cherries	FRIDAY 22, 2016 3 oz Hot Turkey Sandwich 4 oz Mashed Potatoes/ 2 oz Gravy 4 oz Winter Blend 6 oz Peaches & 2 oz Cottage Cheese
MONDAY 25, 2016 3 oz Chicken Tenders w/ 2 oz Gravy 4 oz Mashed Potatoes 4 oz Capri Vegetables 1 ea WW Roll 4 oz Mandarin Orange/Bananas	TUESDAY 26, 2016 3 oz Baked Ham 4 oz Sweet Potatoes 4 oz Brussel Sprouts 1 ea Cornbread 4 oz Apple Slices	Wednesday 27, 2016 1 ea Tortilla 3 oz Beef/Potatoes 2 oz Chile 4 oz Pinto Beans 4 oz Tossed Salad 1 ea Oatmeal Cookie 4 oz Pears	THURSDAY 28, 2016 3 oz Chicken 4 oz Alfredo 6 oz Italian Vegetables 4 oz Tossed Salad 1 ea Garlic Bread 4 oz Pineapple	FRIDAY 29, 2016 3 oz Beef Patty 2 oz Green Chile 2 oz Lettuce/2 oz Tomato/1 oz Pickles/1 oz Onions 4 oz Pork and Beans 6 oz Fruit Salad



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	
		Days in Week: 5	Days in Week: 5	Days in Week: 4	Days in Week: 5	
Calories	700	707	727	726	735	
% Carbohydrates from Calories	45-55%	49.1%	51.7%	48.6%	50%	
% Protein from Calories	15-25%	23.7%	23.1%	25.4%	24%	
% Fat from Calories	25-35%	27.1%	25.1%	25.1%	25.9%	
Saturated Fat	less than 8g	7.6g	7.9g	7.1g	7.7g	
Fiber	5-7g	11.2g	12.4g	11.6g	10.8g	
Vitamin B-12	.8ug	2.5ug	2.5ug	2.9ug	2.5ug	
Vitamin A	300ug RAE	455ug	613ug	688ug	616mg	
Vitamin C	30mg	76.2mg	52.3mg	45mg	53.7mg	
Iron	2.6mg	5.8mg	5.9mg	5.5mg	5.8mg	
Calcium	400mg	442mg	506mg	454mg	496mg	
Sodium	less than 1000mg	858mg	737mg	818mg	837mg	

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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