



LAS CRUCES MAY 2013

8 oz. 1%Milk Served With All Meals		Wednesday 1, 2013 8 oz. Summer Salad 3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes 2 T Gravy 8 oz. Mixed Vegetables 1 Whole Wheat Roll 1 Apple	THURSDAY 2, 2013 1 oz. Lettuce 1 oz. Tomato 8 oz. Picadillo 4 oz. Soup 3 oz. Pinto Beans 1 Tortilla 4 oz. Cantaloupe	FRIDAY 3, 2013 8 oz. Garden Salad 4 oz. Sweet & Sour Chicken 4 oz. Steamed Rice 4 oz. Oriental Vegetables 1 Dinner Roll 8 oz. Tropical Fruit
MONDAY 6, 2013 8 oz. Tossed Salad 3 oz. Lime Grilled Chicken 4 oz. Calico Rice 4 oz. Winter Mix Vegetables 1 Dinner Roll 4 oz. Chocolate Pudding	TUESDAY 7, 2013 2 oz. Tomato Slices 3 oz. Pepper Steak 4 oz. Egg Noodles 8 oz. Seasoned Green Beans 1 Whole Wheat Roll 1 Peanut Butter Cookie	Wednesday 8, 2013 8 oz. Spinach Salad 3 oz. Steak Ranchero 1/2 Baked Potato 8 oz. Squash with Corn 1 Dinner Roll 1 Banana	THURSDAY 9, 2013 4 oz. Cucumber Salad Chicken Chow Mein (3 oz. Chicken, 4 oz. Chow Mein) 4 oz. Fried Rice 1 Vegetable Egg Roll 4 oz. Grapes	FRIDAY 10, 2013 4 oz. Cranberry Salad 3 oz. Roast Turkey 4 oz. Cornbread Stuffing 4 oz. Seasoned Peas 1 Dinner Roll 8 oz. Fruit Cocktail
MONDAY 13, 2013 8 oz. Garden Salad 3 oz. Chicken, Bacon Casserole 4 oz. Chuck wagon Corn 1 Dinner Roll 4 oz. Chilled Pineapple	TUESDAY 14, 2013 4 oz. Apple Cabbage Slaw 3 oz. Baked Pork Chops 4 oz. Baked Yam 4 oz. Peas & Carrots 1 Sl. Lemon Cake With Frosting	Wednesday 15, 2013 1 oz. Lettuce 1 oz. Tomato 1. Beef Fajita (2 oz. Beef, 1 oz. Cheese) 4 oz. Spanish Rice 4 oz. Pinto Beans 1 Tortilla 2 T Pico de Gallo	THURSDAY 16, 2013 4 oz. Macaroni salad 3 oz. Turkey Ruben Sandwich 2 oz. Sliced Tomato 1 oz. Sun chips 1 Apple	FRIDAY 17, 2013 4 oz. Garden Salad 3 oz. Meat Loaf 1 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Seasoned Broccoli 4 oz. Fruit Salad
MONDAY 20, 2013 8 oz. Corn & Cilantro Salad 3 oz. Grilled Ham 4 oz. Potato Au Gratin 8 oz. Seasoned Spinach 8 oz. Chilled Peaches	TUESDAY 21, 2013 4 oz. Banana Split Salad 1. Egg Salad Sandwich (3 oz. Egg Salad, 2 Sl. Wheat Bread) 1 oz. Sun Chips 2 oz. Tomato Slices 1 Chocolate Chip Cookie	Wednesday 22, 2013 1 oz. Lettuce 1 oz. Tomato 1 Green Cheese Enchilada (3 oz. Cheese, 1 Corn Tortilla) 4 oz. Spanish 4 oz. Pinto Beans 4 oz. Yogurt With Fruit	THURSDAY 23, 2013 4 oz. Caesar salad 3 oz. Meat Lasagna 8 oz. Cauliflower 1 Dinner roll 1 Sl. Pineapple Upside Down Cake	FRIDAY 24, 2013 4 oz. Potato Salad 1 BBQ Pork Sandwich (3 oz. Pork, 1 Bun) 4 oz. Ranch Style Beans 1 oz. Sliced Red Onions 4 oz. Honeydew Melon
MONDAY 27, 2013 CLOSED HOLIDAY MEMORIAL DAY	TUESDAY 28, 2013 1 Hamburger (3 oz. Meat, 1 oz. Cheese, 1 Bun) 1 oz. Lettuce, 1 oz. Tomato, 1 oz. Pickle 4 oz. Tater Tots 4 oz. Green Beans 4 oz. Chilled Pears	Wednesday 29, 2013 4 oz. Summer salad 1 Chicken Pot Pie (3 oz. Chicken) 4 oz. Asparagus 1 Cheese Biscuit 4 oz. Watermelon	THURSDAY 30, 2013 4 oz. Beet's & Onion Salad Chef's Salad with Turkey, Vegetables, Egg & cheese (3 oz. Deli Meat, Cheese & Egg) 1 Whole Wheat Roll 1 Orange 2" x 2" Applesauce Cake	FRIDAY 31, 2013 1 oz. Lettuce / 1 oz. Tomato 1 Red Cheese Enchilada (3 oz. Cheese 1 Corn Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Chocolate Ice cream

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
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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:3	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:5
Calories	700	705	709	732	710	700
% Carbohydrates from Calories	45-55%	48%	51%	53%	49%	52%
% Protein from Calories	15-25%	24%	22%	21%	20%	20%
% Fat from Calories	25-35%	27%	25%	25%	29%	27%
Saturated Fat	less than 8g	6.7g	5.5g	6.3g	8g	7.8g
Fiber	5-7g	10g	7.8g	9.5g	8.8g	11g
Vitamin B-12	.8ug	2.9ug	2.2ug	1.9ug	2ug	1.6ug
Vitamin A	300ug RAE	631ug	376ug	358ug	458ug	312ug
Vitamin C	30mg	38mg	57mg	69mg	57mg	41mg
Iron	2.6mg	5.9mg	4.9mg	4.3mg	5.4mg	5.6mg
Calcium	400mg	445mg	454mg	452mg	605mg	553mg
Sodium	less than 1000mg	890mg	884mg	993mg	967mg	951mg

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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