



TORRANCE COUNTY JANUARY 2014

8oz 1 % Milk Served Daily Lunch served 12:00 to 12:45	Occasionally we must substitute food items. We are sorry for the inconvenience. Occasionally we must substitute food items. We are sorry for the inconvenience.	Wednesday 1, 2014 Happy Holiday HAVE A SAFE HOLIDAY MEAL SITE CLOSED FOR CONGREGATE	THURSDAY 2, 2014 3 oz. Baked Pork Chop 4oz. Rice Pilaf 4 oz. Peas & Carrots 4 oz. Jell-O w/ Strawberries	FRIDAY 3, 2014 Frito PIE 1 oz. Fritos /2 oz. Ground Beef .25 oz. Cheese 4 oz. Tomato, Lettuce, Onion 6 oz. Cup Pinto Beans 5 Crackers 1 Cup Pineapple & Strawberries
MONDAY 6, 2014 8oz Hamburger Mac (4 oz. Beef/Cheese, 4 oz. Macaroni) 4 oz. Green Beans 4 oz. Corn 8 oz. Apricots 1 Peanut Butter Cookie	TUESDAY 7, 2014 1 Pigs in a Blanket 4 oz. Tater Tots 4 oz. Chuck Wagon Vegetables 4 oz. Fruit Cocktail	Wednesday 8, 2014 3 oz. Baked Fish 2 T Tartar sauce 4 oz. Tater Tots 4 oz. Broccoli Salad 1 Dinner Roll & 1T Margarine 4 oz. Apricot	THURSDAY 9, 2014 3 oz. Roast Beef 4 oz. Mashed Potatoes & 1 oz. Gravy 8 oz. lettuce & Veggie Salad 4 oz. California Vegetables 1 WW Roll 4 oz. Peach Cobbler	FRIDAY 10, 2014 Grilled Cheese Sandwich (2 Sl. Wheat Bread, 3 oz. Cheese) 4 oz. Vegetable Soup 3 Crackers 8 oz. Apricot
MONDAY 13, 2014 3 oz. Sausage Pizza 8 oz. Spinach Salad 2T Dressing 4 oz. Mixed Vegetables 4 oz. Pineapple 1 Peanut Butter Cookie	TUESDAY 14, 2014 3 oz. Beef Tips 6 oz. Rice 4 oz. Broccoli 4 oz. Green Salad 2T Dressing 1 Wheat Roll / 2T Margarine 4 oz. Pears	Wednesday 15, 2014 1 GC Chicken Enchilada (3 oz. Chicken, 1 oz. Cheese) 1 oz. Lettuce / 1 oz. Tomato) 3 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Ice Cream w/ Strawberries	THURSDAY 16, 2014 3 oz. Salisbury Steak 4 oz. Mashed Potatoes 4 oz. Spinach 1 Wheat Dinner Roll 1T Margarine 4 oz. Tropical Fruit Salad	FRIDAY 17, 2014 3 oz. Baked Fish 2T Tartar Sauce 4 oz. German Slaw 4 oz. Mixed Vegetables 1 Hushpuppy 4 oz. Banana Pudding
MONDAY 20, 2014 1 Ham & Cheese Sandwich (3oz. Ham, 1oz. Cheese, 2 Sl. Bread) 1 oz. Lettuce & 1 oz. Tomato 4 oz. 3-Bean Salad 4 oz. Cottage Cheese & Peaches 1 Sugar Cookie	TUESDAY 21, 2014 1 Chicken Fajita (4 oz. Chicken/Cheese, 1 Tortilla) 3 oz. Pinto Beans 1oz. Tomatoes 2T Green Chilies 1 Pumpkin Spice Cookie	Wednesday 22, 2014 3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Buttered Peas 1 Yeast Roll & 1T Margarine 4 oz. Spiced Peaches	THURSDAY 23, 2014 8 oz. GC Hamburger Stew (3 oz. Beef, 4 oz. Vegetables 1 oz. Green Chile) 4 oz. Salad & 2 T Dressing 1 sl. Cornbread & 2T Margarine 1 Peanut Butter Cookie	FRIDAY 24, 2014 3 oz. Salmon Patty 4oz. Baked Potato 1T Margarine 4 oz. Hominy 4 oz. Spinach 1 Wheat Bread 4 oz. Chocolate Pie
MONDAY 27, 2014 1 Stuff Bell Pepper (3oz. Beef) 4 oz. Baked Beans 4 oz. Carrots w/ Red Pepper 1 Biscuit w/ 1T Margarine 4 oz. Fruit Cocktail	TUESDAY 28, 2014 3 oz. Baked Chicken w/ 1oz. Mushroom 1 oz. Alfredo Sauce 4 oz. Sweet Potato 4 oz. sliced tomatoes 1 biscuit 8 oz. pears	Wednesday 29, 2014 1 Fish Sandwich (3 oz. Fish, 1 Bun) 8 oz. Broccoli, Carrots & Cauliflower 1 Oatmeal Cookie 1 Orange	THURSDAY 30, 2014 1 Chalupa. (3 oz. Beef, 1 oz. Cheese 2T Onions & Green Chili & Salsa) 6 oz. Fiesta Salad 1 oz. Salsa 4 oz. Fruit Cocktail	FRIDAY 31, 2014 3 oz. Liver & 4 oz. Onions 4 oz. Green Beans 4 oz. Mashed Potatoes 4 oz. Peeled Cucumber 1 wheat roll/ 1T Margarine 2 oz. Strawberries & 4 oz. Peaches / Topping



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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: 2	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	718	703	706	731	754
% Carbohydrates from Calories	45-55%	45%	48%	45%	46%	52%
% Protein from Calories	15-25%	23%	22%	23%	24%	22%
% Fat from Calories	25-35%	26%	28%	31%	29%	25%
Saturated Fat	less than 8g	8g	8g	8g	8g	7g
Fiber	5-7g	10g	12g	10g	10g	14g
Vitamin B-12	.8ug	2.4ug	2.6ug	2.4ug	2.3ug	16ug
Vitamin A	300ug RAE	403ug	1188ug	646ug	472ug	2083ug
Vitamin C	30mg	73mg	63mg	47mg	49mg	109mg
Iron	2.6mg	4.5mg	5.5mg	5.9mg	5.8mg	6.4mg
Calcium	400mg	487mg	491mg	550mg	584mg	532mg
Sodium	less than 1000mg	442mg	956mg	749mg	985mg	788mg

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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