



Las Cruces 5 Week Rotation MENU 2 2014

MONDAY 2014 3 oz. Chicken Fried Steak with Gravy 4 oz. Summer Salad 4 oz. Mashed Potatoes 4 oz. Squash W/ Corn 4 oz. Chilled Apricots 8 oz. 1% Milk	TUESDAY 2014 3 oz. Sweet & Sour Chicken 4 oz. Egg Noodles 4 oz. Garden Salad 4 oz. Winter Mix 1 Dinner Roll 1 Chocolate Chip Cookie 8 oz. 1% Milk	WEDNESDAY 2014 3 oz. Steak Ranchero 4 oz. Baked Potato 4 oz. Ranch Style Beans 1 Dinner Roll 6 oz. Cantaloupe 8 oz. 1% Milk	THURSDAY 2014 4 oz. Spaghetti W/ 3 oz. Meat Sauce 4 oz. Tossed Salad 4 oz. Broccoli Florets 1 Dinner Roll 4 oz. Cherry Crisp 8 oz. 1% Milk	FRIDAY 2014 5 oz. Baked Fish 4 oz. Dill Potatoes 4 oz. Seasoned Spinach 1 Dinner Roll 4 oz. Yogurt W/ Fruit 8 oz. 1% Milk
MONDAY 2014 6 oz. Chicken Bacon Casserole 4 oz. Mixed Vegetables 1 Cheese Biscuit 1 Orange 8 oz. 1% Milk	TUESDAY 2014 3 oz. Baked Pork Chop 4 oz. Baked Yams 4 oz. Peas & Carrots 1 sl. Jalapeno Cornbread 1 sl. Spice Cake 8 oz. 1% Milk	WEDNESDAY 2014 1 Chicken Salad Sandwich (3 oz. Chicken Salad, 2 Slices Bread) 4 oz. Macaroni Salad 4 oz. Sliced Tomato 1 oz. Sun Chips 8 oz. Watermelon 8 oz. 1% Milk	THURSDAY 2014 3 oz. Green Enchiladas 4 oz. Lettuce & Tomato 4 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Sherbet 8 oz. 1% Milk	FRIDAY 2014 3 oz. Meat Loaf 2 sl. Tomato Slices 4 oz. Mashed Potatoes 4 oz. Asparagus 1 Honey Biscuit 1 Banana 8 oz. 1% Milk
MONDAY 2014 8 oz. Beef Caldillo 4 oz. Spanish Slaw 4 oz. Spanish Rice 4 oz. Pinto Beans 1 Tortilla 4 oz. Grapes 8 oz. 1% Milk	TUESDAY 2014 6 oz. Beef Tips 4 oz. Buttered Noodles 4 oz. Garden Salad 4 oz. Brussels Sprouts 1 WW Roll 1 sl. Jell-O Cake 8 oz. 1% Milk	WEDNESDAY 2014 3 oz. Cornflake Chicken 4 oz. Pineapple Cole Slaw 3 oz. Poultry Dressing 4 oz. Seasoned Peas 4 oz. Tapioca Pudding 8 oz. 1% Milk	THURSDAY 2014 1 Hot Roast Beef Sandwich (3 oz Roast Beef, 2 Slices Bread) 4 oz. Carrot Raisin Salad 4 oz. Mashed Potatoes W/ Gravy 4 oz. Green Beans 1 Brownie 8 oz. 1% Milk	FRIDAY 2014 3 oz. Antipasto Salad 4 oz. Sunshine Salad 4 oz. Pickled Beets 1 Dinner Roll 1 Neiman Marcus Cookie 8 oz. 1% Milk
MONDAY 2014 8 oz. Beef Stew 4 oz. Steamed Cabbage 4 oz. Cauliflower 1 sl. Jalapeno Cornbread 4 oz. Vanilla Wafer Pudding 8 oz. 1% Milk	TUESDAY 2014 3 oz. Chicken Primavera 4 oz. Linguine 4 oz. Cucumber Salad 4 oz. Baby Carrots 4 oz. Applesauce 8 oz. 1% Milk	WEDNESDAY 2014 3 oz. Red Enchiladas 4 oz. Lettuce & Tomato 4 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Blueberry Crisp 8 oz. 1% Milk	THURSDAY 2014 3 oz. Roast Turkey 4 oz. Cornbread Dressing 4 oz. Cranberry Salad 4 oz. Mixed Vegetables 1 Dinner Roll Pear 8 oz. 1% Milk	FRIDAY 2014 3 oz. Salmon Patty 4 oz. Potato Obrien's 4 oz. Corn 1 Dinner Roll 4 oz. Chilled Peaches 8 oz. 1% Milk
MONDAY 2014 6 oz. Picadillo 6 oz. Sopa 4 oz. Pinto Beans 1 Tortilla 4 oz. Tropical Fruit 8 oz. 1% Milk	TUESDAY 2014 3 oz. Chicken Parmesan 2 oz. Penne Pasta 4oz. California Blend Vegetables 1 Dinner Roll 4 oz. Lime Jell-O W/ Pears 8 oz. 1% Milk	WEDNESDAY 2014 6 oz. Frito Pie 4 oz. Garden Salad 4 oz. Chuck Wagon Corn 1 Cheese Biscuit 1 sl. Coconut Cookie 8 oz. 1% Milk	THURSDAY 2014 3 oz. Chicken Chow Mein 4 oz. Cucumber Salad 4 oz. Fried Rice 1 Vegetable Egg Roll 1 Apple 8 oz. 1% Milk	FRIDAY 2014 3 oz. BBQ Pork Sandwich (3 oz. BBQ Pork, 1 Bun) 4 oz. Cole Slaw 4 oz. Oven Roasted Potatoes 4 oz. Chocolate Ice Cream 8 oz. 1% Milk

Nutrient Table

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	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: 5
Calories	700	724	738	762	807	755
% Carbohydrates from Calories	45-55%	51%	51%	51%	52%	52%
% Protein from Calories	15-25%	22%	21%	23%	22%	22%
% Fat from Calories	25-35%	25%	26%	25%	25%	25%
Saturated Fat	less than 8g	7.4g	8g	8g	7.5g	7g
Fiber	5-7g	8.8g	9g	8.4g	11g	9g
Vitamin B-12	.8ug	2.3ug	2ug	2.3ug	2.8ug	1.9ug
Vitamin A	300ug RAE	561ug	404ug	745ug	938ug	355ug
Vitamin C	30mg	89mg	52mg	70mg	64mg	67mg
Iron	2.6mg	5mg	4mg	5.7mg	5mg	5.3mg
Calcium	400mg	481mg	534mg	498mg	586mg	448mg
Sodium	less than 1000mg	609mg	628mg	739mg	584mg	754mg

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 Gilmore, RD, LD

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