



TORRANCE COUNTY APRIL 2013

MONDAY 1, 2013 3 oz. Chicken Strips 4 oz. Mashed Potatoes 2 oz. Gravy 4 oz. Broccoli 4 oz. Carrots 1 Wheat Roll / 1T Margarine 1 Oatmeal Cookie	TUESDAY 2, 2013 8 oz. Lasagna 4 oz. Mixed Vegetable 8 oz. Garden Salad / 2T Dressing 1 Sl. French Bread 4 oz. Plum Cobbler	Wednesday 3, 2013 1 Kraut Dog (3 oz. Frank, 1 bun, 2T Sauerkraut) 4 oz. California Vegetables 4 oz. Baked French Fries 4 oz. Strawberries & Bananas 1 Sl. Pumpkin Nut Bread	THURSDAY 4, 2013 1 Beef Enchilada (2 oz. Beef, 1 oz. Cheese 1 Corn Tortilla, 2T Red Chile) 8 oz. Salad & 2T Dressing 4 oz. Pinto Beans 4 oz. Spanish Rice 1 Orange	FRIDAY 5, 2013 3 oz. Baked Fish 2T Tartar Sauce 4 oz. Tater Tots 4 oz. Broccoli Salad 1 Dinner Roll & 2T Margarine 4 oz. Apricots
MONDAY 8, 2013 8 oz. Spaghetti & Sauce 8 oz. Salad & 2T Dressing 4 oz. Spinach 1 Sl. Garlic Bread 4 oz. Pear Cobbler	TUESDAY 9, 2013 3 oz. Baked Chicken (Italian) 4 oz. Wild Rice 4 oz. Creamy Coleslaw 4 oz. Mixed Vegetables 1 Sl. WW Bread 4 oz. Chocolate Pudding	Wednesday 10, 2013 3 oz. Beef Tips 4 oz. Egg Noodles 8 oz. Salad w/ 2T Dressing 4 oz. Peas & Carrots 4 oz. Pears 1 Oatmeal Cookie	THURSDAY 11, 2013 Chili Relleno 3 oz. Chili Relleno w/ 1 oz. Cheese Sauce 8 oz. Tossed Salad / 2T Dressing 4 oz. Pinto Beans 6 Crackers 4 oz. Fruit Cup	FRIDAY 12, 2013 4 oz. Chicken Fried Steak 4 oz. Mashed Potatoes & 1 oz. Gravy 4 oz. Spinach 1 Dinner Roll & 1T Margarine 1 Tangerine 1 Oatmeal Cookie
MONDAY 15, 2013 1 Sloppy Joe 3 oz. Beef 4 oz. Parsley Potatoes 8 oz. Mixed Vegetables 2 oz. Pickle & Onion Slices 8 oz. Cottage Cheese Pineapple Salad	TUESDAY 16, 2013 6 oz. Chicken & Rice 4 oz. Broccoli 8 oz. Peas & Carrots 1 Potluck Roll & 1T Margarine 1 Oatmeal Cookie	Wednesday 17, 2013 1 Hamburger (3 oz. Beef, 1 Bun) 2 oz. Lettuce & Tomato 2 oz. Onions & Pickles 4 oz. Potato Salad 4 oz. Creamy Coleslaw 8 oz. Cottage Cheese & Pears	THURSDAY 18, 2013 GC Chicken Enchilada (2 oz. Chicken, 1 oz. Cheese, 2T GC, 1 corn Tortilla) 4 oz. Lettuce & Tomato 4 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Gelatin 4 oz. Apricots	FRIDAY 19, 2013 1 Fish Sandwich (3 oz. Fish, 1 Bun) 8 oz. Broccoli, Carrot, Cauliflower 1 Oatmeal Cookie 1 Orange
MONDAY 22, 2013 6 oz. Ham & Noodles 4 oz. California Vegetables 8 oz. Vegetable Salad w/ 2T Dressing 6 oz. Cottage Cheese W/ Peaches	TUESDAY 23, 2013 5 oz. Oven Fried Chicken 2 oz. Braised Onions 2 oz. Green Beans & Potatoes 4 oz. Carrot Raisin Salad 1 Sl. WW Bread 4 oz. Mandarin Oranges 1 Peanut Butter Cookie	Wednesday 24, 2013 3 oz. Baked Pork Chop 4 oz. Carrot/Zucchini/Tomato Mix 1 Wheat Roll & 1T Margarine 4 oz. Scalloped Apples	THURSDAY 25, 2013 4 oz. Hamburger Stroganoff 4 oz. Egg Noodles 4 oz. Spinach 4 oz. Cauliflower with Cheese 6 oz. Cottage Cheese W/ Pears	FRIDAY 26, 2013 3 oz. Pork Asada 4 oz. Buttered New Potatoes 4 oz. Hominy 1 Flour Tortilla 1 Sl. Strawberry Shortcake
MONDAY 29, 2013 1 Hot Turkey Sand (3 oz. Turkey, 1 oz. Gravy, 1 Sl. Bread) 2T cranberry sauce 8 oz. Buttered Green Beans 4 oz. Sliced Tomatoes & Cucumbers 6 oz. Cottage Cheese & Fruit Cocktail 1 Sugar Cookie	TUESDAY 30, 2013 1 Grilled Cheese (3 oz. LS Cheese, 2 Sl. Bread) 8 oz. Vegetable Soup 4 Crackers 1 Orange			8 oz. 1% Low Fat Milk Served With All Meals



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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:	Days in Week:	Days in Week:	Days in Week:	Days in Week:
Calories	700	794	739	708	703	701
% Carbohydrates from Calories	45-55%	52%	55%	45%	47%	50%
% Protein from Calories	15-25%	19%	19%	25%	23%	22%
% Fat from Calories	25-35%	29%	25%	25%	29%	27%
Saturated Fat	less than 8g	8g	6.5g	6.2g	8g	8g
Fiber	5-7g	12g	9.8g	10g	8.8g	10g
Vitamin B-12	.8ug	2.1ug	1.7ug	3.1ug	2ug	1.7ug
Vitamin A	300ug RAE	356ug	697ug	683ug	479ug	304ug
Vitamin C	30mg	60mg	30.7mg	47mg	44mg	49mg
Iron	2.6mg	4.7mg	5.8mg	5mg	5.1mg	4.3mg
Calcium	400mg	529mg	566mg	543mg	473mg	581mg
Sodium	less than 1000mg	968mg	880mg	967mg	960mg	939mg

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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