



CHAVES COUNTY SEPTEMBER 2013

8 oz. 2% Milk Served With All Meals	TUESDAY 3, 2013 3 oz. Chicken Tenders w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Broccoli and Carrots 1 WW Roll 6 oz. Chunky Fruit	Wednesday 4, 2013 1 Green Chile Beef Enchiladas (2 oz. Beef, .25 oz. Cheese, 1 Corn Tortilla) 4 oz. Pinto Beans 4 oz. Lettuce/Tomato 6 Crackers 6 oz. Pears w/Cottage Cheese	THURSDAY 5, 2013 3 oz. Chicken w/ 2 oz. Mushroom Gravy 4 oz. Rice Pilaf 8 oz. Green Beans 1 WW Roll 4 oz. Jell-O w/Mandarin Oranges	FRIDAY 6, 2013 1 Sloppy Joe on a Bun (3 oz. Ground Beef, 1 Bun) 4 oz. Mixed Vegetables 4 oz. Cucumber / Onion / Tomato Salad 4 oz. Diced Peaches
MONDAY 9, 2013 8 oz. Tater Tot Casserole 6 oz. California Blend Vegetables 1 WW Roll 4 oz. Chunky Fruit	TUESDAY 10, 2013 7 oz. Sweet & Sour Pork 3 oz. White Rice 4 oz. Cooked Carrots 1 WW Roll 4 oz. Mandarin Orange Slices	Wednesday 11, 2013 3 oz. Chicken Fajitas 4 oz. Fajita Blend Vegetables 4 oz. Pinto Beans 4 Crackers 4 oz. Diced Cantaloupe 1 Peanut Butter Cookie	THURSDAY 12, 2013 3 oz. Meat Loaf w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Vegetable Mix 1 WW Roll 4 oz. Strawberry/ Peach/Banana Compote	FRIDAY 13, 2013 3 oz. Chicken Sandwich 4 oz. Lettuce/Tomato 4 oz. Potato Salad 8 oz. Whipped Jell-O w/Fruit
MONDAY 16, 2013 8 oz. Sausage/Broccoli/Rice Casserole 6 oz. Yellow & Green Squash w/Tomato & Onion 1 WW Roll 8 oz. Apricots	TUESDAY 17, 2013 3 oz. Salisbury Steak w/ 3 oz. Gravy 4 oz. Parsley Potatoes 4 oz. Sliced Carrots 1 WW Roll 8 oz. Lime Jell-O w/Pineapple	Wednesday 18, 2013 1 Green Chile Chicken Enchiladas (3 oz. Chicken, 1 oz. Cheese, 2 oz. Chili, 1 Corn Tortilla) 4 oz. Tossed Salad w/ 2T Dressing 4 oz. Pinto Beans 4 Crackers 4 oz. Whipped Strawberries & Bananas	THURSDAY 19, 2013 3 oz. Country Fried Steak w/ 2 oz. Gravy 4 oz. Mashed Potatoes 4 oz. California Blend Vegetables 1 WW Roll 3 oz. 1 Blueberry Cobbler	FRIDAY 20, 2013 3.5 oz. Tuna Salad Sandwich 4 oz. Lettuce/Tomato 4oz. Cole Slaw 1 WW Roll 8 oz. Melon Mix
MONDAY 23, 2013 3 oz. Hamburger Steak w/ 2 oz. Gravy 4 oz. Brown Rice 8 oz. 1 oz. 1 WW Roll 4 oz. Tropical Fruit	TUESDAY 24, 2013 3.5 oz. Chicken and 4 oz. Stuffing w/ 2 oz. Gravy 8 oz. Broccoli & Cauliflower 1 WW Roll 4 oz. Fruit Cocktail	Wednesday 25, 2013 1 Chili Dog 2 oz. Chile .5 oz. Cheese/Onion 4 oz. Mixed Vegetables 4 oz. Tossed Salad 6 oz. Orange/Pineapple Salad	THURSDAY 25, 2013 4 oz. Spaghetti w/ 5 oz. Meat Sauce 4 oz. Corn 4 oz. Spinach Salad 1 WW Roll 4 oz. Apple Sauce	FRIDAY 26, 2013 4 oz. Fish Sandwich 4 oz. Broccoli 4 oz. Cucumber/Carrot Salad 4 oz. Watermelon 1 Oatmeal Raisin
MONDAY 29, 2013 8 oz. Tuna Noodle Casserole 4 oz. Peas 4 oz. Tossed Salad 1 WW Roll 4 oz. Diced Peaches 1 Sugar Cookie	TUESDAY 30, 2013 8 oz. Beef Stew 4 oz. Spinach 1 Biscuit 2.5 oz. Black Forest Cake	OCT. Wednesday 1, 2013 4 oz. Asado 6 oz. Pinto Beans 4 oz. Tossed salad 4 Crackers 4 oz. Sliced Apples	OCT. THURSDAY 2, 2013 3.5 oz. BBQ Chicken 4 oz. Parsley Potatoes 4 oz. Zucchini 1 WW Roll 1 sl. Angel Food Cake w/Cherries	OCT. RIDAY 3, 2013 3 oz. Green Chili Burger 4 oz. Lettuce/Tomato 2 oz. Onion/Pickle 4 oz. Baked Beans 4 oz. Lemon Pudding

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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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: 4	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	700	700	705	703	728
% Carbohydrates from Calories	45-55%	48%	47%	52%	50%	49%
% Protein from Calories	15-25%	25%	25%	20%	22%	25%
% Fat from Calories	25-35%	25%	25%	26%	26%	25%
Saturated Fat	less than 8g	7g	7.8g	7.7g	7.8g	7.8g
Fiber	5-7g	12g	9.5g	11g	11g	12g
Vitamin B-12	.8ug	2.4ug	2.3ug	2.2ug	3.1ug	3.1ug
Vitamin A	300ug RAE	458ug	580ug	606ug	585ug	409ug
Vitamin C	30mg	40 mg	74mg	68mg	79mg	31mg
Iron	2.6mg	5.5mg	4.8mg	5.5mg	5.4mg	6.9mg
Calcium	400mg	469mg	441mg	472mg	476mg	469mg
Sodium	less than 1000mg	866mg	818mg	956mg	960mg	984mg

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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