



TORRANCE COUNTY NOVEMBER 2013

8 oz. 1% Milk Served With All Meals				FRIDAY 1, 2013 1 Sloppy Joe (4 oz. Ground Beef, 1 Bun) 4 oz. Parsley Potatoes 4 oz. Mixed Vegetables 1 oz. Pickle & 2 oz. Onion Slices 4 oz. Cottage Cheese & Pineapple
MONDAY 4, 2013 3 oz. Baked Pork Chop 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Green Peas 1 Biscuit 4 oz. Cherry Cobbler	TUESDAY 5, 2013 8 oz. Taco Soup (3 oz. Beef, 1 oz. Tomato, 1 oz. Onion, 1 oz. Corn, 1 oz. GC.) 4 oz. Salad & 2T Dressing 1 Flour Tortilla & 2T Salsa 4 oz. Gelatin 4 oz. Apricots	Wednesday 6, 2013 3 oz. Pizza Meatloaf 4 oz. Scalloped Potatoes 4 oz. Salad & 2T Dressing 4 oz. Pear Cobbler	THURSDAY 7, 2013 3 oz. Chicken and 4 oz. Rice 4 oz. Broccoli 4 oz. Peas & Carrots 1 Potluck Roll & 1T Margarine 1 Oatmeal Cookie	FRIDAY 8, 2013 4 oz. Spaghetti & 4 oz. Sauce 4 oz. Buttered Green Beans 4 oz. Green Salad 2T Dressing 1 sl. Garlic Bread 4 oz. Gelatin w/ Pears
MONDAY 11, 2013 1 sl. Pizza (2 oz. Pepperoni, 1 oz. Cheese, 1 oz. Crust) 4 oz. Mixed Vegetables 4 oz. Pineapple 1 Peanut Butter Cookie	TUESDAY 12, 2013 3 oz. Baked Chicken 4 oz. Sliced Tomatoes 4 oz. Broccoli & Cheese 1 Wheat Roll / 1T Margarine 4 oz. Strawberries & Bananas 1 Apple	Wednesday 13, 2013 8 oz. Lasagna 4 oz. Spinach 4 oz. Salad & 2T Dressing 4 oz. Pears 4 oz. Cottage Cheese 1 Peanut Butter Cookie	THURSDAY 14, 2013 Sour Cream Enchilada (1 corn tortilla, 2 oz. Cheese, 1 oz. Green Chile 1 oz. Sour Cream) 4 oz. Spanish Rice 4 oz. Pinto Beans 2T Salsa 1 Oatmeal Cookie 4 oz. Fruit Cocktail	FRIDAY 15, 2013 1 Grilled Cheese (3 oz. Cheese, 2 sl. Bread) 8 oz. Vegetable Soup 4 Crackers 4 oz. Apricots
MONDAY 18, 2013 3 oz. Chicken Strips 4 oz. Glazed Carrots 4 oz. Asparagus 1 Potluck Roll & 1T Margarine 1 Oatmeal Cookie	TUESDAY 19, 2013 1 GC Hamburger (3 oz. Beef, 1 Bun, 1 oz. Lettuce, 1 oz. Tomato & 1 oz. Cheese) 2 oz. Onions & Pickles 4 oz. Ranch Beans 4 oz. Onion Rings 4 oz. Applesauce	Wednesday 20, 2013 1 Burrito Supreme (1 tortilla, 2 oz. Beef, 1 oz. Beans, 1 oz. Cheese) 4 oz. Spanish Rice 4 oz. Green Salad 2T Dressing 4 oz. Apricots	THURSDAY 21, 2013 3 oz. Turkey 4 oz. Stuffing / 1 oz. Gravy 4 oz. Mashed Potatoes 4 oz. Green Beans 4 oz. Strawberries 1 sl. Pumpkin Nut Bread	FRIDAY 22, 2013 8 oz. Chicken & Noodles 4 oz. Peas and Carrots 1 Biscuit 1T Margarine 1 Brownie
MONDAY 25, 2013 3 oz. Oven Fried Chicken 4 oz. Braised Onions 4 oz. Green Beans & Potatoes 4 oz. Carrot Raisin Salad 1 sl. WW Bread 4 oz. Mandarin Oranges 1 Cookie	TUESDAY 26, 2013 8 oz. Beef Stew (3 oz. Beef, 4 oz. Vegetables, 1 oz. Sauce) 4 oz. Green Beans 4 Crackers 4 oz. Banana Pudding	Wednesday 27, 2013 3 oz. Pork Asada 4 oz. Buttered New Potatoes 4 oz. Hominy 1 Flour Tortilla 1 sl. Strawberry Shortcake	THURSDAY 28, 2013 Thanksgiving Have a wonderful holiday No Congregate meal served	FRIDAY 29, 2013 8 oz. Tuna Macaroni 4 oz. Country Blend Veg 1 Wheat Roll 1T Margarine 4 oz. Vanilla Pudding

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 Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		Days in Week: 1	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 4
Calories	700	713	707	705	748	757
% Carbohydrates from Calories	45-55%	45%	45%	48%	49%	52%
% Protein from Calories	15-25%	25%	25%	23%	24%	22%
% Fat from Calories	25-35%	29%	29%	27%	26%	25%
Saturated Fat	less than 8g	8g	7g	7.9g	7.2g	6.6g
Fiber	5-7g	8g	8.4g	11g	8.4g	7.3
Vitamin B-12	.8ug	4.7ug	2.9ug	2.1ug	2.2ug	2.5ug
Vitamin A	300ug RAE	352ug	368ug	541ug	436ug	305ug
Vitamin C	30mg	42mg	41mg	50mg	34mg	61mg
Iron	2.6mg	6.3mg	5.1mg	5mg	5.9mg	3.7mg
Calcium	400mg	501mg	457mg	623mg	460mg	421mg
Sodium	less than 1000mg	854mg	906mg	899mg	977mg	574mg

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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