



NON-METRO AREA AGENCY ON AGING SHELF STABLE 1 WEEK EMERGENCY MENU

MONDAY 1c Low Sodium Vegetable Chicken Soup (3oz. Chicken) 1/2c Whole Kernel Corn 1/2c Green Beans 8 Saltine Crackers 3/4c Applesauce 1/3c Low Fat Powdered Milk 8 oz. Water	TUESDAY 3/4c Tuna Salad (3oz. Tuna) 1c Green Peas and Onions 8 Low Sodium Saltine Crackers 3/4c Peaches 1/3c Low Fat Powdered Milk 8 oz. Water	WEDNESDAY 1c Low Sodium Chicken Noodle Soup (3oz. Chicken) 1/2c Beets 1/2c Cream Style Corn 8 Saltine Crackers 3/4c Pears 1/3c Low Fat Powdered Milk 8 oz. Water	THURSDAY 1c Low Sodium Tomato Soup 3/4c Ham Salad (3oz. Ham) 1c Carrots 8 Saltine Crackers 1/2c Low Fat Vanilla Pudding 1/3c Low Fat Powdered Milk 8 oz. Water	FRIDAY 3/4c Chicken Salad (3oz. Chicken) 3/4c Pinto Beans 1/2c Mixed Vegetables 8 Saltine Crackers 3/4c Crushed Pineapple 1/3c Low Fat Powdered Milk 8 oz. Water
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North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
3900 Paseo del Sol
Santa Fe, N M 87507
505-827-7313



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1
		Days in Week: 5
Calories	700 or more	703.5
% Carbohydrates from Calories	45-55%	48.4%
% Protein from Calories	15-25%	18.4%
% Fat from Calories	25-35%	33.2%
Saturated Fat	less than 8g	7.9g
Fiber	10g or more	10.4g
Vitamin B-12	.8ug or more	2.1ug
Vitamin A	300ug RAE or more	525.1ug
Vitamin C	30mg or more	30.5mg
Iron	2.6mg or more	4.7mg
Calcium	400mg or more	521.2mg
Sodium	less than 766mg	687.mg

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 Pas, RD, LD

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