Northwest New Mexico APRIL 2013

MONDAY 1, 2013 8 oz. Beef Stew (3 oz. Beef. 5 oz. Vegetables) 1 oz. Cornbread 8 oz. Salad W/ 2T Dressing 8 oz. Peaches	TUESDAY 2, 2013 2 Chicken Tacos (4 oz. Chicken, 2 oz. Cheese, 2 corn Tortillas) 4 oz. Lettuce, 2 oz. Tomato 4 oz. Pinto Beans 4 oz. Broccoli 4 oz. Grapes	Wednesday 3, 2013 3 oz. Meatloaf W/ 1 oz. Gravy 4 oz. Mashed Potatoes W/ 1 oz. Gravy 8 oz. Green Beans 1 Wheat Bread 1 Apple	THURSDAY 4, 2013 8 oz. Chicken Pot Pie (3oz. Chicken, 5 oz. Vegetables) 8 oz. Tomatoes 8 oz. Salad W/ 2T Dressing 4 oz. Jell-O W/ Mandarin Oranges	FRIDAY 5, 2013 8 oz. Sweet & Sour Pork 6 oz. Brown Rice 4 oz. Oriental Vegetables 8 oz. Salad W/ 2T Dressing 1 Sl. Wheat Bread 4 oz. Pineapple
MONDAY 8, 2013 5 oz. Baked Chicken 4 oz. Green Beans 4 oz. Cucumber Salad 1 Wheat Roll 4 oz. Grapes	TUESDAY 9, 2013 4 oz. Swiss Steak W/ Tomato , Onion, Peppers 1 oz. Gravy 4 oz. Mixed Vegetables 1 Wheat Roll 1 Orange	Wednesday 10, 2013 8 oz. Green Chili Stew (3 oz. Pork, 1 oz. Chili, 3 oz. Potatoes) 1 oz. Cornbread W/ 1T Margarine 1 Apple	THURSDAY 11, 2013 6 oz. Frito Pie (3 oz. Beef, 2 oz. Beans, 1 oz. Chili) 4 oz. Broccoli 4 oz. Peaches	FRIDAY 12. 2013 6 oz. Chicken Enchilada (2 oz. Chicken, 1 oz. Cheese, 1 Corn Tortilla) 4 oz. Pinto Beans 4 oz. Spanish Rice 8 oz. Green Salad W/ 2T Dressing 4 oz. Pears
MONDAY 15, 2013 8 oz. Spaghetti W/ Meat Sauce 4 oz. Green Beans 8 oz. Romaine Salad W/ 2t Dressing 1 Sl. Wheat Bread W/ Margarine 4 oz. Watermelon	TUESDAY 16, 2013 6 oz. Chicken Gumbo (3 oz. Chicken, 3 oz. Vegetables) 4 oz. Cauliflower 8 oz. Salad W/ 2T Dressing 1 Dinner Roll W/ 1T Margarine 4 oz. Pudding	Wednesday 17, 2013 3 oz. Cubed Steak 4 oz. Peppers & Onions 4 oz. Rice 4 oz. Spinach 1 Sl. Wheat Bread W/ Margarine 4 oz. Grapes	THURSDAY 18, 2013 1 Turkey Sandwich (3 oz. Turkey, 2 Sl. Bread) 4 oz. Steamed Spinach 4 oz. Bean Salad 8 oz. Green Salad W/ 2T Dressing 4 oz. Baked Apples	FRIDAY 19, 2013 6 oz. Pork & Beans 8 oz. Mustard Greens 8 oz. Cucumbers 1 oz. Cornbread W/ 1T Margarine 8 oz. Cottage Cheese W/ Peaches
MONDAY 22, 2013 8 oz. Taco Salad (3 oz. Beef, 1 oz. Cheese, 4 oz. Salad) 2T Salsa 1 Wheat Roll W/ Margarine 4 oz. Watermelon	TUESDAY 23, 2013 1 Grilled Cheese Sandwich (3 oz. Cheese, 2 Sl. Bread) 8 oz. Lentil Soup 8 oz. Salad W/ 2t Dressing 2 Hard Boiled Eggs 1 oz. Carrot Cake	Wednesday 24, 2013 3 oz. Roast Beef 4 oz. Parsley potatoes 8 oz. Carrots, Onions, Cabbage 1 Wheat Roll W/ 1T Margarine 1 oz. Gingerbread	THURSDAY 25, 2013 6 oz. Chicken Posole 4 oz. Spinach 8 oz. Salad W/ 2T Dressing 1 oz. Cornbread 4 oz. Peaches	FRIDAY 26, 2013 1 Baked Fish Sandwich (3 oz. Fish, 1 Bun) 2T Tartar Sauce 4 oz. Tater Tots 4 oz. Broccoli 8 oz. Salad W/ 2T Dressing 4 oz. Apricots
MONDAY 29, 2013 8 oz. Ham Salad (2 oz. Ham, 1 oz. Egg, 5 oz. Salad) 1 oz. Dressing 4 oz. Pasta Salad 4 oz. Pineapple	TUESDAY 30, 2013 1 Navajo Taco (2 oz. Beef, 1 oz. Beans, 1 oz. Green Chili, 1 Flat Bread) 8 oz. Green Salad W/ 2T Dressing 4 oz. Spinach 1 oz. Peach Cake			8 oz. 1% Milk Served With All Meals

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:5	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:2
Calories	700	746	701	768	765	725
% Carbohydrates from Calories	45-55%	46%	45%	45%	47%	45%
% Protein from Calories	15-25%	24%	26%	26%	22%	23%
% Fat from Calories	25-35%	29%	30%	29%	30%	35%
Saturated Fat	less than 8g	7.9g	8g	6.8g	8g	8g
Fiber	5-7g	11g	12g	9g	10g	6g
Vitamin B-12	.8ug	2.6ug	2.4ug	2.3ug	3ug	3.2ug
Vitamin A	300ug RAE	481ug	372ug	648ug	525ug	458ug
Vitamin C	30mg	46mg	52mg	37mg	36mg	30mg
Iron	2.6mg	5mg	5mg	7g	6g	2.9g
Calcium	400mg	501mg	521mg	504mg	551mg	564mg
Sodium	less than 1000mg	834mg	541mg	993mg	795mg	997mg

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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