



LAS CRUCES BREAKFAST MENU MAY 2013

8 oz. 2% Milk Served With All Meals		Wednesday 1, 2013 5.5 oz. Apple Juice 1 cup Raisin Bran ½ English Muffin 2T Peanut Butter	THURSDAY 2, 2013 5.5 oz. Orange Juice 1 cup Frosted Flaked 1oz. Croissant 1T Peanut Butter	FRIDAY 3, 2013 5.5 oz. Grape Juice 1 cup Apple Jacks 2 oz. Muffin 2T Peanut Butter
MONDAY 6, 2013 5.5 oz. Pineapple Juice 8 oz. Oatmeal 1 oz. Berry Wheat Bread 1T Peanut Butter	TUESDAY 7, 2013 5.5 oz. Cranberry Juice 1 Hard Boiled Egg 1 cup Tasty O honey Nut 2 oz. Mini Muffin 2T Peanut Butter	Wednesday 8, 2013 5.5 oz. Tomato Juice 1 cup Cinnamon Twist 1 oz. Cinnamon Bread 1T Peanut Butter	THURSDAY 9, 2013 5.5 oz. Apple Juice 2 oz. Scrambled Egg 1 cup Raisin Bran 2 oz. English Muffin 2T Peanut Butter	FRIDAY 10, 2013 5.5 oz. Orange Juice 1 cup Frosted Flakes 1oz. Croissant 1T Peanut Butter
MONDAY 13, 2013 5.5 oz. Grape Juice 1 cup Apple Jacks 2 oz. Biscuit 2T Peanut Butter	TUESDAY 14, 2013 5.5 oz. Pineapple Juice 8 oz. Oatmeal 1 oz. Berry Wheat Bread 2T Peanut Butter	Wednesday 15, 2013 5.5 oz. Cranberry Juice 1 Hard Boiled Egg 1 cup Tasty O honey Nut 2 oz. Mini Muffin 2T Peanut Butter	THURSDAY 16, 2013 5.5 oz. Tomato Juice 1 cup Cinnamon Twist 1 oz. Cinnamon Bread 2T Peanut Butter	FRIDAY 17, 2013 5.5 oz. Apple Juice 2 oz. Scrambled Eggs 1 cup Raisin Bran 2 oz. English Muffin 2T Peanut Butter
MONDAY 20, 2013 5.5 oz. Orange Juice 1 cup Frosted Flakes 1oz. Croissant 2T Peanut Butter	TUESDAY 21, 2013 5.5 oz. Grape Juice 1 Hard Boiled Egg 1 cup Apple Jacks 2 oz. Biscuit 2T Peanut Butter	Wednesday 22, 2013 5.5 oz. Pineapple Juice 8 oz. Oatmeal 1 oz. Berry Wheat Bread 2T Peanut Butter	THURSDAY 23, 2013 5.5 oz. Cranberry Juice 4 oz. Low fat Fat Yogurt 1 cup Tasty O honey Nut 2 oz. Mini Muffin 2T Peanut Butter	FRIDAY 24, 2013 5.5 oz. Tomato Juice 1 cup Cinnamon Twist 1 oz. Cinnamon Bread 2T Peanut Butter
MONDAY 27, 2013 5.5 oz. Apple Juice 4 oz. Low Fat Yogurt 1 cup Raisin Bran 2 oz. English Muffin 2T Peanut Butter	TUESDAY 28, 2013 5.5 oz. Orange Juice 1 cup Frosted Flakes 1oz. Croissant 2T Peanut Butter	Wednesday 29, 2013 5.5 oz. Grape Juice 1 cup Apple Jacks 2 oz. Biscuit 2T Peanut Butter	THURSDAY 30, 2013 5.5 oz. Pineapple Juice 1 Hard Boiled Egg 8 oz. Oatmeal 1 oz. Berry Wheat Bread 2T Peanut Butter	FRIDAY 31, 2013 5.5 oz. Cranberry Juice 1 cup Tasty O honey Nut 2 oz. Mini Muffin 2T Peanut Butter



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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: 3	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	450	677	631	643	641	669
% Carbohydrates from Calories	45-55%	52%	50%	46%	48%	50%
% Protein from Calories	15-25%	15%	15%	15%	15%	15%
% Fat from Calories	25-35%	33%	35%	47%	35%	35%
Saturated Fat	less than 8g	7.6g	7.9g	8g	8g	8g
Fiber	5-7g	7.5g	5.3g	5.2g	5.2g	6g
Vitamin B-12	.8ug	3.6ug	3.9ug	2.7ug	3.3ug	3.1ug
Vitamin A	300ug RAE	389ug	332ug	303ug	338ug	319ug
Vitamin C	30mg	67mg	61mg	53ug	48ug	68ug
Iron	2.6mg	8.4mg	9mg	5.9mg	6.8mg	6.2mg
Calcium	400mg	422mg	644mg	483mg	556mg	497mg
Sodium	less than 1000mg	811mg	751mg	729mg	739mg	640mg

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 450. 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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