



## Chaves County J.O.Y Center JUNE 2014

<p><b>MONDAY 2, 2014</b>            8 oz. Tater Tot Casserole            6 oz. California Blend Vegetable            1 oz. WW Roll            4 oz. Pears            1 ea. Oatmeal Raisin Cookie</p>	<p><b>TUESDAY 3, 2014</b>            6 oz. Sweet &amp; Sour Pork            3 oz. White Rice            4 oz. Sliced Carrots            1 oz. WW Roll            4 oz. Mandarin Oranges</p>	<p><b>Wednesday 4, 2014</b>            2- 1 ½ oz. ea. Beef Tacos            4 oz. Lettuce / 2 oz. Tomato / ½ oz. Cheese            4 oz. Pinto Beans            4 oz. Spanish Rice            8 oz. Diced Cantaloupe</p>	<p><b>THURSDAY 5, 2014</b>            3 oz. BBQ Chicken            4 oz. Parsley Potatoes            4 oz. Zucchini            1 oz. WW Roll            3 oz. Peach Cobbler</p>	<p><b>FRIDAY 6, 2014</b>            6 oz. Macaroni and Cheese            4 oz. Santa Fe Blend Vegetable            6 oz. Spinach Salad            1 oz. WW Roll            8 oz. Whipped Lime Jell-O w/Pineapple</p>
<p><b>MONDAY 9, 2014</b>            8 oz. Ham and Scalloped Potatoes            4 oz. Chuck Wagon Corn            8 oz. Tossed Salad            1 oz. WW Roll            6 oz. Apricots</p>	<p><b>TUESDAY 10, 2014</b>            4 oz. Beef Stroganoff over            3 oz. Noodles            4 oz. Green Beans            1 oz. WW Roll            4 oz. Chunky Fruit</p>	<p><b>Wednesday 11, 2014</b>            4 oz. Green Chile Chicken Enchiladas            4 oz. Tossed Salad            4 oz. Pinto Beans            4 ea. Crackers            1 ea. Chocolate Chip Cookie</p>	<p><b>THURSDAY 12, 2014</b>            3 oz. Hot Beef, 1 Sl WW Bread            4 oz. Mashed Potatoes w/ 2 oz. Gravy            4 oz. Capri Vegetables            4 oz. Tapioca Pudding</p>	<p><b>FRIDAY 13, 2014</b>  <b>FATHER'S DAY</b>            3 oz. Pork Loin w/2 oz. Gravy            4 oz. Sweet Potatoes            4 oz. Broccoli            1 oz. WW Roll            1 oz. Angel Food Cake w/ 2 oz. Strawberries</p>
<p><b>MONDAY 16, 2014</b>            8 oz. Hamburger Macaroni Casserole            6 oz. Meadow Blend Vegetables            1 oz. WW Roll            6 oz. Strawberries / Banana/Peach Compote</p>	<p><b>TUESDAY 17, 2014</b>            3 oz. Baked Chicken            4 oz. Rice Pilaf            4 oz. Winter Blend Vegetables            4 oz. Tossed Salad            1 oz. WW Roll            4 oz. Chocolate Pudding</p>	<p><b>Wednesday 18, 2014</b>            7 oz. Pork Posole            4 oz. Mexicali Blend Vegetable            4 oz. Tossed Salad w/ 1 tsp. Dressing            4 ea. Crackers            7 oz. Orange Jell-O w/Fruit</p>	<p><b>THURSDAY 19, 2014</b>            3.5 oz. Chicken and 3 oz. Stuffing w/ 2 oz. Gravy            6 oz. Mixed Greens            1 oz. WW Roll            6 oz. Fruit Cocktail</p>	<p><b>FRIDAY 20, 2014</b>            1 oz. Green Chile            1 oz. Cheese 3 oz. Burger            2 oz. Lettuce/2 oz. Tom/            1 oz. Pickle/1 oz. Onion            2.5 oz. or 5 ea. Potato Wedges            6 oz. Tropical Fruit</p>
<p><b>MONDAY 23, 2014</b>            3 oz. Hamburger Steak w/2 oz. Gravy            4 oz. Brown Rice            8 oz. Peas and Carrots            1 oz. WW Roll            6 oz. Peaches and            3 oz. Cottage Cheese</p>	<p><b>TUESDAY 24, 2014</b>            3 oz. Pork Cutlet w/2 oz. Gravy            4 oz. Mashed Potatoes            4 oz. Spinach            1 oz. WW Roll            4 oz. Banana Pudding</p>	<p><b>Wednesday 25, 2014</b>            3 oz. Chicken Fajitas            4 oz. Fajita Blend Vegetable            4 oz. Pinto Beans            4 ea. Crackers            4 oz. Diced Cantaloupe            1 ea. Peanut Butter Cookie</p>	<p><b>THURSDAY 26, 2014</b>            3 oz. Meat Loaf w/ 2 oz. Gravy            4 oz. Mashed Potatoes            4 oz. Peas and Onions            1 oz. WW Roll            4 oz. Plums</p>	<p><b>FRIDAY 27, 2014</b>            6 oz. Spinach Lasagna            4 oz. Corn            8 oz. Tossed Salad            1 sl. Garlic Bread            8 oz. Jell-O w/Fruit</p>
<p><b>MONDAY 30, 2014</b>            3.5 oz. Country Fried Steak w/ 2 oz. Gravy            4 oz. Mashed Potatoes            4 oz. Broccoli            1 oz. WW Roll            4 oz. Orange/ Pineapple Salad</p>	<p><b>TUESDAY, July 1, 2014</b>            8 oz. Orange Chicken            3 oz. White Rice            8 oz. Spinach Salad            1 oz. WW Roll            2.5 oz. Cherry Cobbler</p>	<p><b>WEDNESDAY, July 2, 2014</b>  <b>Chili Dog</b>            1 Frank, 2 oz. Sauce            1oz Cheese / .5 oz Onion            4 oz. Mixed Vegetable            5 ea. Potato Wedges            6 oz. Whipped Berries</p>	<p><b>THURSDAY, July 3, 2014</b>  <b>BBQ Sandwich</b>            3 oz. Pork, ½ oz. BBQ Sauce, 1 Bun            3 oz. Potato Salad            6 oz. Cucumber/ Onion/ Tomato Salad            8 oz. Diced Watermelon</p>	<p>8 oz. 2% Low Fat Milk Served with All Meals</p>



Chaves County J.O.Y Center JUNE 2014

## 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: 4
<b>Calories</b>	700	735	727	714	723	734
<b>% Carbohydrates from Calories</b>	45-55%	49%	48%	48%	51%	52%
<b>% Protein from Calories</b>	15-25%	21%	24%	23%	23%	23%
<b>% Fat from Calories</b>	25-35%	28%	27%	27%	25%	25%
<b>Saturated Fat</b>	less than 8g	8g	8g	8g	7.9g	7.8g
<b>Fiber</b>	5-7g	10g	9g	11g	11g	10g
<b>Vitamin B-12</b>	.8ug	2.4ug	2.7ug	2.5ug	2.5ug	2.5ug
<b>Vitamin A</b>	300ug RAE	571mg	509ug	631ug	577ug	432ug
<b>Vitamin C</b>	30mg	64mg	48mg	73mg	56mg	80mg
<b>Iron</b>	2.6mg	5.2mg	5.8mg	5.4mg	5.4mg	5.8mg
<b>Calcium</b>	400mg	466mg	467mg	491mg	489mg	517mg
<b>Sodium</b>	less than 1000mg	822mg	851mg	812mg	844	978mg

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

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