



VALENCIA COUNTY JUNE 2018

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| All Meals Served with 1% Milk | All Meals Subject to change | | | FRIDAY 1, 2018 Chicken Wrap (3oz Marinated Chicken Breast, 1/2c Lettuce and Tomato, 1oz of Cheese, 1 Tortilla) 1/2c Pasta Salad 1c Carrot Sticks 1 Apple |
| MONDAY 4, 2018 Beef & Papas (3oz Ground Beef, 1/2c Potatoes) 1/2c Pinto Beans 1oz Green Chile 1c Chuck Wagon Vegetables 1 Tortilla 1/2c Tapioca Pudding | TUESDAY 5, 2018 4 oz. Sweet and Sour Pork 1/2c Steamed Rice 1c Oriental Veggies 4 Crackers 1/2c Apricots | WEDNESDAY 6, 2018 3 oz. Chicken Tenders 1/2c Potato Wedges 1/2c California Blend 1 T BBQ/1 T Ketchup 1 Sl. Wheat Bread w/ 1 tsp. Margarine 1 Peanut Butter Cookie | THURSDAY 7, 2018 2 oz. Bratwurst w/ 1 WW Bun 1/2c Sauerkraut 1/2c Onions & Peppers 1 oz Chips 1c Ranch Beans 1/2c Diced Pears | FRIDAY 8, 2018 Breakfast Western Scramble (3 oz. Eggs, 1/4c Fajita Veggies, 1 oz. Cheese) 3/4c Diced Potatoes 1 Biscuit w/ 1 tsp. Margarine 1/2c Strawberry Yogurt |
| MONDAY 11, 2018 Baked Chicken (4 oz. Baked Chicken) 1/2 c Stuffing w/1oz Gravy 1c Winter Blend Vegetables 1 Biscuit/ 1 tsp Margarine 1 Granola Bar | TUESDAY 12, 2018 Lasagna (3oz. Beef, 1oz. Cheese, 1oz. Sauce, 1/2c Noodles) 1c Italian Blend Vegetable 1 Wheat Roll w/ 1 tsp. Margarine 1 Sugar Cookie | WEDNESDAY 13, 2018 Tuna Salad (4oz. Tuna, 2 sl. Bread) 1/2c Cucumber Salad 1/2c Mixed Vegetables 1/2c Tapioca Pudding 1 med. Banana | THURSDAY 14, 2018 Tamale W/Red Chile (2 oz. Pork, 2oz. Red Chile, 3 oz. Masa) 1/2c Pinto Beans 1c Calabacitas 1 Apple | FRIDAY 15, 2018 Green Chili Cheeseburger (3oz. Beef Patty, 1oz Cheese, 1oz Green Chile, 1 Bun) 1/2c Lettuce, Tomato, 1/2c Potato Wedges 1/2c California Blend Vegetables 1T Mustard / 1T Ketchup 1/2c Mixed Tropical Fruit |
| MONDAY 18, 2018 Beef Stroganoff (3 oz. Beef, 1 oz. Sauce) 1c Penne 1c Chateau Vegetables 1 sl. WW Bread w/ 1 tsp. Margarine 1/2c Vanilla Pudding | TUESDAY 19, 2018 Chicken Salad Sandwich (4 oz. Chicken Salad, 2 Sl. Wheat Bread) 1/2 c Lettuce & Tomato 1oz. Chips 1/2 c Carrot Sticks 1/2c Applesauce | WEDNESDAY 20, 2018 1 Chicken Fajita (3 oz. Chicken, 1/2c Peppers & Onions, 1 Flour Tortilla) 1/2c Spanish Rice 1c 4-Way Mixed Vegetables 2T Salsa 1 Orange | THURSDAY 21, 2018 Salad Bar w/ Dressing (2 oz. Turkey, 1 oz. Cheese, 1c of Lettuce, Spinach, Cherry Tomatoes, Bell Peppers, Cucumbers) 6 Low Sodium Crackers 1 Banana | FRIDAY 22, 2018 Chile Cheese Dog (1oz Hot Dog, 2oz. Chile Meat Sauce, 1 Hot Dog Bun, 1/2c Peppers/Onions) 3/4c Cole Slaw 1/2c Mixed Fruit |
| MONDAY 25, 2018 Potato Chowder (1/2c Potatoes, 3 oz. Low Sodium Ham, 1 oz. Corn, 1 oz. Celery) 1 sl. Cornbread 1c Green Beans 1 Orange | TUESDAY 26, 2018 BBQ Pork Sandwich (3 oz. Pork, 1 oz. BBQ & 1 Bun) 1/2 Baked Beans 1c Peas & Carrots 1/2c Peach Yogurt | WEDNESDAY 27, 2018 3 oz. Chicken Breast w/ 1oz Low Sodium Gravy 1/2c Scalloped Potato 1c Green Beans 1 Sl. Wheat Bread w/ 1 tsp Margarine 1 Apple Spice Muffin | THURSDAY 28, 2018 Frito Pie (3oz. Beef, 1oz. Cheese, 1 oz. Fritos, 1 oz. Sauce) 1/2c Lettuce & Tomato 1c Carrot Raisin Salad 1/2c Grapes | FRIDAY 29, 2018 4oz. Meatloaf 1 oz. Low Sodium Gravy 1/2c Mashed Potato 1c Spinach 1 Wheat Roll w/ 1 tsp Margarine 1 Apple |

North Central New Mexico Economic Development District
 Council of Governments
 Non-Metro Area Agency on Aging
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Nutrient Table

| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week |
|--------------------------------------|-------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| | | Days in Week: 1 | Days in Week: 5 | Days in Week: 5 | Days in Week: 5 | Days in Week: 5 |
| Calories | 700 or more | 730.7 | 723.6 | 791 | 740 | 707 |
| % Carbohydrates from Calories | 45-55% | 47.1% | 52.8% | 50.9% | 50.7% | 50% |
| % Protein from Calories | 15-25% | 24.5% | 22% | 23.9% | 24.4% | 24.3% |
| % Fat from Calories | 25-35% | 28.4% | 25.3% | 25.2% | 25% | 25.7% |
| Saturated Fat | less than 8g | 7.2g | 6.4g | 7.9g | 6.7g | 6.4g |
| Fiber | 10g or more | 10.8g | 11.8g | 12.6g | 10.7g | 14.1g |
| Vitamin B-12 | .8ug or more | 1.7ug | 2ug | 2.8ug | 2.3ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 1024.7ug | 394ug | 548ug | 657.3ug | 950.1ug |
| Vitamin C | 30mg or more | 64.5mg | 69.4mg | 52.2mg | 82.7mg | 47mg |
| Iron | 2.6mg or more | 4.3mg | 4.7mg | 7.1mg | 5.7mg | 6mg |
| Calcium | 400mg or more | 645.5mg | 505mg | 581.8mg | 569mg | 573.5mg |
| Sodium | less than 766mg | 588mg | 727.6mg | 742mg | 695.8mg | 765mg |

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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