



VALENCIA COUNTY APRIL 2021

MENU SUBJECT TO CHANGE	All Meals Served with 8oz. 1% Milk as Available		THURSDAY April 1, 2021 3 oz. Baked Ham W/Pineapple Glaze 1/2c Sweet Potatoes/Yams 1/2c Green Beans 1 Slice Whole Wheat Bread w/ 1 tsp Margarine 1/2c Fruit Cocktail Easter Luncheon	FRIDAY April 2, 2021 Lent Ends Closed Good Friday Happy Easter!
MONDAY April 5, 2021 Beef Stew (3 oz. Beef, 1 oz. Sauce, 1/4c Potato, 1/4c. Carrot) 1 Cup Steamed Rice 1 Cup Beets with 1 tsp. Margarine 1 Biscuit with 1 tsp. Margarine 1 Banana	TUESDAY April 6, 2021 3/4c Sweet and Sour Pork 1/2c Cup Steamed Rice 1c Oriental Veggies 6 Crackers /w 1 tsp Margarine 1/2c Mixed Fruit	WEDNESDAY April 7, 2021 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 Banana	THURSDAY April 8, 2021 Beef & Papas (3oz Ground Beef, 1/2c Potato) 1/2c Pinto Beans 1oz Green Chile 1c Chuck Wagon Vegetables 1 Tortilla 1/2c Apricots	FRIDAY April 9, 2021 Tuna Salad Sandwich (1/2c Tuna Salad, 1 Whole Wheat Bun) 1/2c Lettuce and Tomato Slice 1/2c 4-way Veggie Blend 1 oz. Sun Chips 1 Peanut Butter Cookie
MONDAY April 12, 2021 Hamburger Macaroni (3 oz Beef, 1 oz. Sauce, 1/2c Macaroni) 1c Seasoned Spinach with Onions 1 Slice Whole Wheat Bread w/ 1 tsp Margarine 1/2c Sliced Pears	TUESDAY April 13, 2021 Beef Soft Tacos (3oz Beef, 1oz Cheese, 2 Flour Tortillas) 1 oz. Packet of Salsa 1/2c Peppers and Onions 1/2c Vegetable Medley 1/2c Refried Beans 1/2c Mixed Fruit	WEDNESDAY April 14, 2021 Tamale W/Red Chile (2 oz. Pork, 2oz. Red Chile, 3 oz. Masa) 1/2c Pinto Beans 1c Calabacitas 1 Orange	THURSDAY April 15, 2021 8 oz. Pork Posole (3 oz. Pork, 1/2c Hominy, 1 oz. Red Chile) 1/2c Calabacitas 1 Flour Tortilla 1 Oatmeal Cookie	FRIDAY April 16, 2021 Potato Chowder (1/2c Potatoes, 2 oz. Cheese, 1 oz. Corn, 1 oz. Celery, 2oz Diced Low Sodium Ham) 1 sl. Cornbread 1/2c Green Beans 1 Orange
MONDAY April 19, 2021 Sloppy Joe Sandwich (3 oz. Beef, 1oz Sauce, 1 Bun) 1/2c Baked Beans 1c Carrot Sticks 2T Ranch Dressing 1 Orange	TUESDAY April 20, 2021 4 oz. Chicken Alfredo 1c Penne Pasta 1c Italian Vegetables 6 Low Sodium Crackers w/ 1 tsp Margarine 1/2c Mixed Fruit	WEDNESDAY April 21, 2021 4oz Salisbury Steak 1oz Low Sodium Gravy 1/2c Mashed Potato 1c Green Beans 1 Sl. Wheat Bread w/ 1 tsp Margarine 1/2c Mixed Fruit	THURSDAY April 22, 2021 1 Chicken Fajita (3 oz. Chicken, 1 oz. Cheese, 1 Flour Tortilla) 1/2c Spanish Rice 1c Fajita Blend Veggies 2T Salsa 1 Orange	FRIDAY April 23, 2021 Frito Pie (3oz. Beef, 1oz. Cheese, 1 oz. Fritos, 1 oz. Sauce) 1/2c Vegetable Medley 1/2c Carrot Raisin Salad 1/2c Pineapple
MONDAY APRIL 26, 2021 Beef Stroganoff (3 oz. Beef, 1 oz. Sauce) 1c Penne Pasta 1c Chateau Vegetables 1 sl. WW Bread w/ 1 tsp. Margarine 1/2c Strawberry Yogurt	TUESDAY April 27, 2021 Chile Cheese Dog (1oz Hot Dog, 2oz. Chile Meat Sauce, 1 oz. Cheese, 1 Hot Dog Bun, 1/4c Peppers/Onions) 3/4c Cole Slaw 1/2c Mixed Fruit	WEDNESDAY April 28, 2021 1/2c Penne w/ 1/2c Meat Sauce 1c Broccoli and Cauliflower 1 Dinner Roll w/ 1 tsp Margarine 1 Orange	THURSDAY April 29, 2021 3 oz. Kielbasa Sausage 1c Cabbage 1/2c Seasoned Potatoes 1 Biscuit /w 1 tsp. margarine & 1T honey 1/2c Applesauce	FRIDAY April 30, 2021 Hot Turkey "Sandwich" (3 oz. Turkey, 1 sl. Bread, 1 oz. Gravy) 1/2c Mashed Potatoes 1/2c Sliced Carrots 1/2c Yogurt



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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: 4	Days in Week: 5	Days in Week: 5	Days in Week: 4
Calories	700 or more					
% Carbohydrates from Calories	45-55%					
% Protein from Calories	15-25%					
% Fat from Calories	25-35%					
Saturated Fat	less than 8g					
Fiber	10g or more					
Vitamin B-12	.8ug or more					
Vitamin A	300ug RAE or more					
Vitamin C	30mg or more					
Iron	2.6mg or more					
Calcium	400mg or more					
Sodium	less than 766mg					

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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