



VALENCIA COUNTY MARCH 2020

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| <p>MONDAY 2, 2020 Beef & Papas (3oz Ground Beef, 1/2c Potato, 1 oz. Green Chile) 1/2c Pinto Beans 1/2c Chuck Wagon Vegetables 1 Tortilla 1/2c Low Fat Pudding</p> | <p>TUESDAY 3, 2020 4 oz. Sweet and Sour Pork 1/2c Steamed Rice 1c Oriental Veggies 1 Sl. Wheat Bread w/ 1 tsp Margarine 1/2c Applesauce</p> | <p>WEDNESDAY 4, 2020 Tamale W/Red Chile (2 oz. Pork, 2oz. Red Chile, 3 oz. Masa) 1/2c Pinto Beans 1c Calabacitas 1 Orange</p> | <p>THURSDAY 5, 2020 3 oz. Bratwurst w/ 1 WW Bun 1/2c Sauerkraut 1/2c Onions & Peppers 1 oz Chips 1/2c Ranch Beans 1/2 c Diced Pears</p> | <p>FRIDAY 6, 2020 Tuna Salad (4oz. Tuna, 2 sl. Bread) 1/2c Cucumber Salad 1/2c Mixed Vegetables 1/2c Tapioca Pudding 1 med. Banana</p> |
| <p>MONDAY 9, 2020 Lasagna (3oz. Beef, 1oz. Cheese, 1oz. Sauce, 4oz. Noodles) 1c Chateau Vegetables 4 Crackers 1 Granola Bar</p> | <p>TUESDAY 10, 2020 3 oz. Baked Fish Sandwich 1 oz. Tartar Sauce 1oz Chips 1/2c 4-way Mixed Vegetables 1 Bun 1/2c Mandarin Oranges</p> | <p>WEDNESDAY 11, 2020 Green Chili Cheeseburger (3oz. Beef Patty, 1oz Cheese, 1oz Green Chile, 1 Bun) 1/2c Lettuce, Tomato, Onion 1/2c Potato Wedges 1/2c California Blend Vegetables 1T Mustard / 1T Ketchup 1/2c Mixed Tropical Fruit</p> | <p>THURSDAY 12, 2020 Beef Soft Tacos (3oz Beef, 1oz Cheese, 2 Flour Tortillas, 1/2c Lettuce & Tomato) 1 oz. Packet of Salsa 1/2c Peppers and Onions 1/2c Refried Beans 1/2c Mixed Fruit</p> | <p>Thursday 13, 2020 Macaroni In Tomato (3oz Cheese, 1/2c Macaroni, 3oz Tomato Sauce) 1c Italian Vegetables 4 Low Sodium Crackers 1/2c Low Fat Pudding</p> |
| <p>MONDAY 16, 2020 Beef Stroganoff (3 oz. Beef, 1 oz. Sauce) 1c Penne Pasta 1c Chateau Vegetables 1 sl. WW Bread w/ 1 tsp. Margarine 1/2c Low Fat Pudding</p> | <p>Tuesday 17, 2020 Corned Beef and Cabbage (3oz Corned Beef, 4oz Simmered Cabbage and Carrots) 1oz Horseradish Sauce 4oz Irish Diced Potatoes 1 Dinner Roll / 1tsp Margarine 4oz Lemon/Lime Jello with Fruit</p> | <p>WEDNESDAY 18, 2020 Beef Stew (3oz Beef, 1oz Sauce 1/2c Potato and Vegetables) 1/2c Steamed Rice 1/2c Beets 4 Crackers 1/2c Peaches in Yogurt</p> | <p>Thursday 19, 2020 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</p> | <p>FRIDAY 20, 2020 Potato Chowder (1/2c Potatoes, 3 oz. Cheese, 1 oz. Corn, 1 oz. Celery) 1 sl. Cornbread 1/2c Green Beans 1 Orange</p> |
| <p>MONDAY 23, 2020 Sloppy Joes (3oz Beef, 1oz Sauce, 1 Bun) 1/2c Potato Wedges 1/2c Sliced Tomato 1/4c Jalapenos 1c Broccoli 1 Banana</p> | <p>TUESDAY 24, 2020 Shredded Chicken & Bean Burrito (3 oz. Chicken, 4 oz. Beans, 1 oz. Cheese, 1 Tortilla) 1/2c Calabacitas 1 oz. Green Chile 1T Sour Cream 1 Peanut Butter Cookie</p> | <p>Wednesday 25, 2020 Bosque Farms Birthday Party Potluck</p> | <p>Thursday 26, 2020 Frito Pie (3oz. Beef, 1oz. Cheese, 1 oz. Fritos, 1 oz. Sauce) 1/2c Lettuce & Tomato 1/2c Carrot Raisin Salad 1/2c Tropical Fruit</p> | <p>FRIDAY 27, 2020 Green Chile Relleno (1 Green Chile Relleno with Cheese, and Breading, 2oz Green Chile Sauce,) 1/2c Lettuce, Tomato 1/2c Refried Beans 1/2c Spanish Rice 1/2c Mixed Fruit</p> |
| <p>Monday 30, 2020 1 Chicken Fajita (3 oz. Chicken, 1 oz. Cheese, 1/2c Peppers & Onions, 1 Flour Tortilla) 1/2c Spanish Rice 1/2c 4-Way Buttered Mixed Vegetables 2T Salsa 1 Orange</p> | <p>Tuesday 31, 2020 Pulled Pork Sandwich w/BBQ (3 oz. Shredded Pork, 1 oz. BBQ Sauce, 1 Bun) 1/2 c Baked Beans 1c Peas & Carrots 1/2 c Applesauce</p> | <p>Menu Subject To Change All Meals Monday – Thursday Served With 1% Milk All Meals Friday Served with 1% Chocolate Milk</p> | | |

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 | | | | | |
| % Carbohydrates from Calories | 45-55% | | | | | |
| % Protein from Calories | 15-25% | | | | | |
| % Fat from Calories | 25-35% | | | | | |
| Saturated Fat | less than 8g | | | | | |
| Fiber | 10g | | | | | |
| Vitamin B-12 | .8ug | | | | | |
| Vitamin A | 300ug RAE | | | | | |
| Vitamin C | 30mg | | | | | |
| Iron | 2.6mg | | | | | |
| Calcium | 400mg | | | | | |
| 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.

Jennifer Pas, RD, LD

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