



Las Cruces January 2014

8 oz. 1% Milk Served With All Meals		Wednesday 1, 2014 NEW YEAR DAY CLOSED HOLIDAY	THURSDAY 2, 2014 6 oz. Rigatoni W/ Meat Sauce 4 oz. Garden Salad 4 oz. Baby Carrots 1 Whole Wheat roll 1 Oatmeal Raisin Cookie	FRIDAY 3, 2014 3 oz. Swiss steak 4 oz. Summer Salad 1 Baked Potato 4 oz. Seasoned Peas 1 Dinner Roll 4 oz. Lime Jell-O With Pears
MONDAY 6, 2014 1 Hot Turkey Sandwich 4 oz. Garden Salad 4 oz. Mashed Potatoes 4 oz. Green Beans 4 oz. Vanilla Wafer Pudding	TUESDAY 7, 2014 8 oz. Beef Caldillo 4 oz. Spanish Slaw 4 oz. Spanish Rice 1 Flour Tortilla 4 oz. Chilled Peaches	Wednesday 8, 2014 3.5 oz. Sesame Chicken Breast 4 oz. Cucumber Salad 4 oz. Fried Rice 4 oz. Oriental Vegetables 1 Dinner Roll 1 Neiman Marcus Cookie	THURSDAY 9, 2014 3 oz. Roast Beef 4 oz. Garden Salad 4 oz. Mashed Potatoes 4 oz. Seasoned Corn 1 Dinner Roll 4 oz. Tropical Fruit	FRIDAY 10, 2014 6 oz. Chicken, Cranberry, Pecan, Grape Salad 4 oz. Sunshine Salad 2 sl. Tomato 1 Dinner Roll 2 Tangerine
MONDAY 13, 2014 3 oz. Cornflake Chicken 4 oz. Beet & Onion Salad 4 oz. Cornbread Stuffing 4 oz. Mixed Vegetables 1 Dinner Roll 1 Banana	TUESDAY 14, 2014 3 oz. Baked Pork Chops 4 oz. Spinach Salad W/ Egg 4 oz. Baked Yams 4 oz. Seasoned Asparagus 1 Whole Wheat Roll 1 sl. Pineapple Upside Down Cake	Wednesday 15, 2014 1 Chicken Fajita 4 oz. Lettuce & Tomato 4 oz. Spanish Rice 4 oz. Pinto Beans / 1 Tortilla 2T Pico De Gallo With Avocado 1 Apple	THURSDAY 16, 2014 6 oz. Beef Tips 4 oz. Tossed Salad 4 oz. Egg Noodles 4 oz. Sliced Carrots 4 oz. Peach Crisp	FRIDAY 17, 2014 4.7 oz. Baked Fish 4 oz. Cole Slaw 4 oz. Dill Potatoes 4 oz. Seasoned Spinach 1 Dinner Roll 4 oz. Chilled Pineapple
MONDAY 20, 2014 Closed Holiday Martin Luther King	TUESDAY 21, 2014 1 Green Cheese Enchilada 4 oz. Lettuce & Tomato 4 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Tapioca Pudding	Wednesday 22, 2014 7.8 oz. Turkey Divan 4 oz. Pea Salad 1 Baked Potato 1 oz. Pumpkin Bread	THURSDAY 23, 2014 3 oz. Meat Loaf 4 oz. Tossed Salad 4 oz. Mashed Potatoes 4 oz. Mixed Vegetables 1 Honey Biscuit 4 oz. Grapes	FRIDAY 24, 2014 9.6 oz. Lasagna 4 oz. Garden Salad Italian Vegetables 4 oz. Whole Wheat Roll 1 sl. Applesauce Cake
MONDAY 27, 2014 7.3 oz. Chicken Alfredo 4 oz. Summer Salad 4 oz. Penne Pasta 4 oz. Green Beans With Almond 1 Dinner Roll 4 oz. Yogurt With Fruit	TUESDAY 28, 2014 3 oz. Liver & Onions 4 oz. Garden Salad 4 oz. Mashed Potatoes 4 oz. Broccoli 1 Dinner roll 4 oz. Baked Cinnamon Apples	Wednesday 29, 2014 5 oz. Green Chili With Meat 4 oz. Lettuce & Tomato 4 oz. Spanish Rice 4 oz. Pinto Beans 1 Tortilla 4 oz. Banana Bread	THURSDAY 30, 2014 3 oz. Chicken Chow Mein 4 oz. Cucumber Salad 4 oz. Fried Rice 1 Vegetables Egg Roll 4 oz. Chilled Pears	FRIDAY 31, 2014 3 oz. Steak Ranchero 4 oz. Sliced Tomato 4 oz. Oven Roasted Potatoes 4 oz. Squash With Corn 1 Dinner Roll 1 Banana



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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: 2	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	704	748	767	749	747
% Carbohydrates from Calories	45-55%	21%	46%	50%	54%	50%
% Protein from Calories	15-25%	53%	24%	24%	19.8%	23%
% Fat from Calories	25-35%	25%	28%	25%	26%	25%
Saturated Fat	less than 8g	7g	6.8g	6.2g	7.9g	7g
Fiber	5-7g	12g	8g	11g	9.7g	9.7g
Vitamin B-12	.8ug	1.8ug	2.4ug	2.2ug	2.2ug	16.5ug
Vitamin A	300ug RAE	341ug	371ug	566ug	461ug	1552ug
Vitamin C	30mg	76mg	86mg	68mg	50mg	83mg
Iron	2.6mg	7mg	5mg	5.9mg	4.9mg	6.3mg
Calcium	400mg	412mg	469mg	448mg	586mg	520mg
Sodium	less than 1000mg	632mg	555mg	590mg	740mg	677mg

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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