



TULAROSA MENU MARCH 2013

8 oz. 1% Milk Served With All Meals				FRIDAY 1, 2013 6 oz. LASAGNA 4 oz. MIXED VEG. 8 oz. GARDEN SALAD W/ 1T Dressing 1 Sl, GARLIC BREAD
MONDAY 4, 2013 3 oz. BEEF STEAK RANCHERO 4 oz. RANCH BEANS 8 oz. SALAD/1T DRESSING 8 oz. BLUEBERRY /W YOGURT	TUESDAY 5, 2013 6 oz. CHICKEN TETRAZZINI 8 oz. GREEN BEANS 1 Sl. GARLIC BREAD 4 oz. FRUIT COCKTAIL	Wednesday 6, 2013 1 HAMBURGER (3 oz. Beef, 1 Bun) 1 oz. LETTUCE & 1 oz. TOMATO 4 oz. FRENCH FRIES 4 oz. COTTAGE CHEESE 4 oz. SPICE CAKE	THURSDAY 7, 2013 4 oz. CHICKEN SALAD 4 oz. CHEESE & CARROT STICKS 4 oz. SLICED TOMATOES 6 each. CRACKERS 1 BANANA	FRIDAY 8, 2013 1 BEEF ENCHILADA (2 oz. Beef, 1 oz. Cheese 1 Corn Tortilla) 1 oz. LETTUCE & 1 oz. TOMATO 4 oz. PINTO BEANS 2T JALAPENO, ONION & SALSA 4 oz. PUDDING
MONDAY 11, 2013 4 oz. HONEY DIJON CHICKEN 4 oz. BROCCOLI & CHEESE SAUCE 8 oz. SALAD & 1T DRESSING 1 WHEAT ROLL/ 1T MARGARINE 4 oz. APPLESAUCE	TUESDAY 12, 2013 1 BEEF FAJITA (2 oz. Beef, 2 oz. pepper, 1 oz. Onion) 4 oz. REFRIED BEANS 1 TORTILLA 2 oz. COBBLER	Wednesday 13, 2013 4 oz. CHICKEN STRIPS/GRAVY 4 oz. MASHED POTATOES 4 oz. CARROTS 1 ROLL/ 1 MARGARINE 4 oz. PEACHES	THURSDAY 14, 2013 3 oz. HAM 4 oz. BLACK-EYED PEAS 4 oz. BAKED SWEET POTATO 1 Sl. CORNBREAD	FRIDAY 15, 2013 3 oz. CORNED BEEF 4 oz. CABBAGE 4 oz. CARROTS 1 IRISH ROLL 1 LEPRECHAUN COOKIE
MONDAY 18, 2013 6 oz. LIVER AND ONIONS 1 BAKED POTATO 1 SLICE OF BREAD 4 oz. MIXED VEGETABLES 4 oz. MANDARIN ORANGES	TUESDAY 19, 2013 8 oz. CHICKEN & NOODLES 4 oz. PEAS 4 oz. CARROTS 1 WHEAT ROLL 1T MARGARINE	Wednesday 20, 2013 6 oz. FRITO PIE 8 oz. 7 VEGETABLE SALAD 1 APPLE	THURSDAY 21, 2013 1 CHICKEN ENCHILADAS (2 oz. Chicken, 2T Green Chili, 1 corn Tortilla) 4 oz. PINTO BEANS 4 oz. CALABACITAS 2 pk. CRACKERS 4 oz. SUNSHINE SALAD	FRIDAY 22, 2013 3 oz. HAMBURGER STEAK 4 oz. MASHED POTATOES 4 oz. GREEN BEANS 1 WHEAT ROLL/1T MARGARINE 4 oz. PEACHES
MONDAY 25, 2013 3 oz. CHICKEN FRIED STEAK 4 oz. MASHED POTATO 4 oz. GREEN BEANS 1 ROLL & 1T MARGARINE 1 COOKIE	TUESDAY 26, 2013 3 oz. BAKED FISH 4 oz. RICE 2 HUSH PUPPIES 4 oz. COLESLAW 2 oz. COBBLER	Wednesday 27, 2013 3 oz. SWISS STEAK 1 BAKED POTATO 4 oz. CABBAGE 1 WHEAT ROLL & 2T MARGARINE 4 oz. MIXED FRUIT	THURSDAY 28, 2013 3 oz. BAKED PORK CHOP 4 oz. RICE 4 oz. PEAS & CARROTS 1 DINNER ROLL 8 oz. JELL-O/ W FRUIT	



TULAROSA MENU MARCH 2013

Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		Days in Week:1	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:4
Calories	700	702	700	706	811	800
% Carbohydrates from Calories	45-55%	45%	45%	45%	50%	49%
% Protein from Calories	15-25%	20%	25%	24%	21%	20%
% Fat from Calories	25-35%	35%	29%	32%	28%	30%
Saturated Fat	less than 8g	8g	8g	7.8g	7.4g	7.8g
Fiber	5-7g	10g	7.2g	8.5g	12.7g	8.7g
Vitamin B-12	.8ug	4ug	2.7ug	2.2ug	16.9ug	2.8ug
Vitamin A	300ug RAE	485ug	431ug	511ug	1948ug	372ug
Vitamin C	30mg	79mg	44mg	36mg	37mg	48mg
Iron	2.6mg	6.2mg	4.4mg	4.1mg	6.5mg	4.5mg
Calcium	400mg	683mg	530mg	446mg	452mg	443mg
Sodium	less than 1000mg	694mg	828mg	843mg	778mg	620mg

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