



## VALENCIA COUNTY CENTER JULY 2016

8 oz. 1% Milk Served with All Meals				FRIDAY, JULY 1, 2016 Ham & Cheese Sandwich Tossed Salad w/ Dressing Broccoli w/ Red Peppers Jell-O w/Pears
MONDAY, JULY 4, 2016 <b>Closed for 4<sup>th</sup> Of July Holiday</b>	TUESDAY, JULY 5, 2016 Patty Melt Potato Wedges Cole Slaw Low Fat Ice Cream Cup	WEDNESDAY, JULY 6, 2016 Baked Chicken Baked Macaroni & Cheese Peas & Carrots Wheat Roll & Butter Orange	THURSDAY, JULY 7, 2016 Red Beef Enchiladas Casserole Lettuce/Tomato Spanish Rice Beans Oatmeal & Raisin Cookie	FRIDAY, JULY 8, 2016 Grilled Cheese Vegetable Soup Ruffles Chips Apple
MONDAY, JULY 11, 2016 Green Chile Cheese Burger Lettuce, Tomato, Onion & Pickle Carrot Sticks Potato Wedge Pear	TUESDAY, JULY 12, 2016 Spaghetti w/Meat Sauce Corn Broccoli Garlic/Butter Bread Pumpkin Muffin	WEDNESDAY, JULY 13, 2016 Breaded Fish Sandwich Mixed Vegetables Mashed Potato Apple	THURSDAY, JULY 14, 2016 Tamale W/Red Chile Spinach Tomato & Onion Salad Orange	FRIDAY, JULY 15, 2016 Chicken Salad Sandwich Macaroni Salad Sliced Tomato Watermelon
MONDAY, JULY 18, 2016 Pork Carnitas w/ Red Chile Squash/Beans Tomato & Onion Salad Apple	TUESDAY, JULY 19, 2016 Salisbury Steak Scalloped Potato Mixed Vegetables Whole Wheat Roll Orange	WEDNESDAY, JULY 20, 2016 Lite Breaded Chicken Strips w/Chicken Gravy Tater Tots Corn Pear	THURSDAY, JULY 21, 2016 2 Beef Tacos Cheese, Salsa, Lettuce/ Tomato Spanish Rice Beans Low Fat Pudding	FRIDAY, JULY 22, 2016 Frito Pie Lettuce, Tomato & Onion Corn med Banana
MONDAY JULY 25, 2016 Chicken/Veggie Pizza Cheese, Bell Peppers, Onion & . Spinach Pasta Salad Tossed Salad Peanut Butter Cookie	TUESDAY JULY 26, 2016 Sloppy Joes Onion & Jalapeno) Potato Wedges Corn med Banana	WEDNESDAY JULY 27, 2016 Open Face Hot Turkey Sandwich w/Gravy Whole Wheat Bread) Scalloped Potato Broccoli Orange	THURSDAY JULY 28, 2016 Liver & Onions Mashed Potato Green Beans Whole Wheat Roll Med Apple	FRIDAY, JULY 29, 2016 Tuna Salad Sandwich Carrots Salad Tomato & onion salad Pear

## *Nutrient Table*

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



**VALENCIA COUNTY CENTER JULY 2016**

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		<b>Days in Week: 1</b>	<b>Days in Week: 4</b>	<b>Days in Week: 5</b>	<b>Days in Week: 5</b>	<b>Days in Week: 5</b>
<b>Calories</b>	700	734	708	738	709	731
<b>% Carbohydrates from Calories</b>	45-55%	53.8%	51.5%	49.5%	50.9%	49.1%
<b>% Protein from Calories</b>	15-25%	18.9%	22.8%	22.2%	24%	24.1%
<b>% Fat from Calories</b>	25-35%	27.3%	25.8%	28.3%	25.2%	26.8%
<b>Saturated Fat</b>	less than 8g	7.8g	7.3g	7.5g	7.8g	7g
<b>Fiber</b>	5-7g	19g	13g	10g	11.5g	8.6g
<b>Vitamin B-12</b>	.8ug	1.5ug	2.4ug	2.9ug	2.2ug	2.4ug
<b>Vitamin A</b>	300ug RAE	935ug	494mg	638ug	351ug	314ug
<b>Vitamin C</b>	30mg	202ug	51mg	79mg	58mg	45mg
<b>Iron</b>	2.6mg	5.7mg	5.8mg	6.1mg	6.6mg	5.6mg
<b>Calcium</b>	400mg	817mg	604mg	585mg	610mg	519mg
<b>Sodium</b>	less than 1000mg	983mg	853mg	718mg	855mg	917mg

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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