

**1% milk served at meals**

**VALENCIA COUNTY APRIL 2025**

	TUESDAY April 1, 2025 Sausage and Mushroom Ragu Chateau blend Mixed Fruit	WEDNESDAY April 2, 2025 Meatloaf Mashed Potatoes w/ Gravy Green beans and Carrots Wheat roll Pear	THURSDAY April 3, 2025 Herbed Chicken Breast Gravy Herbed Italian Rice Cucumber and tomato salad Roasted Brussel sprouts Wheat roll Tropical Fruit salad	FRIDAY April 4, 2025 Garden Salad w Egg Ranch Dressing Wheat roll Banana Yogurt
MONDAY April 7, 2025 Chicken Caldito Italian Blend Vegetables Tortilla Fruit Cocktail	TUESDAY April 8, 2025 Baked Ham W/Asparagus Spears Sweet potatoes Roll Gelatin w/ Mixed Berries Easter Luncheon	WEDNESDAY April 9, 2025 Frito Pie Pinto Beans Mediterranean blend Grapes	THURSDAY April 10, 2025 Pulled Pork Sandwich w/BBQ Coleslaw Spinach w/ onion Strawberries Banana	FRIDAY April 11, 2025 Tomato Macaroni California blend vegetables Pineapple Chunks Yogurt
MONDAY April 14, 2025 Red Beans and Rice Bahama Vegetables Cornbread Mixed fruit	TUESDAY April 15, 2025 Lasagna Island Blend Vegetable Wheat Roll Cantaloupe	WEDNESDAY April 16, 2025 Chicken & Vegetables Brown Rice Beets Spiced pears Angel Food Cake	THURSDAY April 17, 2025 Beef & Papas Chateau Blend Vegetables Tortilla Tropical fruit salad	FRIDAY, April 18 2025  CLOSED Good Friday
MONDAY April 21, 2025 Beef Stew Beets Wheat roll Banana	TUESDAY April 22, 2025 Chicken Tacos Yellow squash w/ diced Tomatoes Spanish Rice Apricots	WEDNESDAY April 23, 2025 Tamale W/Red Chile Pinto Beans winter vegetables crackers Spiced pears	THURSDAY April 24, 2025 Penne w/ Meat Sauce Italian Blend Wheat Roll Melon Medley	FRIDAY April 25, 2025 Hot Turkey "Sandwich" Sweet Potatoes Broccoli Salad Warm apple slices
MONDAY April 28, 2025 Hamburger Macaroni Seasoned Spinach with Onions Stewed tomatoes pineapple and mandarin oranges	TUESDAY April 29, 2025 Pork Posole Zucchini and yellow squash Wheat Flour Tortilla Fruit cocktail	WEDNESDAY April 30, 2025 Meat Ball Sandwich Cauliflower Broccoli Salad Banana	MENU SUBJECT TO CHANGE	

**North Central New Mexico Economic Development District**

**Council of Governments**

**Non-Metro Area Agency on Aging**

**644 Don Gaspar Ave, Santa Fe, NM 87505**

### Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		<b>Days in Week: 4</b>	<b>Days in Week: 5</b>	<b>Days in Week: 4</b>	<b>Days in Week: 5</b>	<b>Days in Week: 3</b>
<b>Calories</b>	700 or more	706.7	707.6	750.9	724.9	732.9
<b>% Carbohydrates from Calories</b>	45-55%	52.6	47.5	54.0	54.0	47.7
<b>% Protein from Calories</b>	15-25%	20.7	28.0	20.8	20.7	22.4
<b>% Fat from Calories</b>	25-35%	26.7	24.5	25.1	25.3	29.9
<b>Saturated Fat</b>	less than 8g	7.9	7.9	7.9	6.6	7.9
<b>Fiber</b>	10g or more	10.4	10.6	10.1	10.9	10.4
<b>Vitamin B-12</b>	.8ug or more	2.2	1.9	2.4	2.4	2.5
<b>Vitamin A</b>	300ug RAE or more	461.2	495.0	360.6	567.2	406.2
<b>Vitamin C</b>	30mg or more	66.7	40.7	54.7	50.4	70.5
<b>Iron</b>	2.6mg or more	4.0	4.7	5.0	4.9	5.5
<b>Calcium</b>	400mg or more	476.5	578.1	474.2	435.5	549.5
<b>Sodium</b>	less than 766mg	663.1	753.0	716.1	705.8	591.6

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.

Constance Rudnicki MS, RDN, LD approved on March 6, 2025