



VALENCIA COUNTY JULY 2019

<p>MONDAY 1, 2019 Beef and Macaroni Italian Vegetables Low Sodium Crackers Low Fat Pudding</p>	<p>TUESDAY 2, 2019 Green Chili Cheeseburger Lettuce, Tomato Potato Chips Peas and Carrots Mustard / Ketchup Watermelon</p>	<p>WEDNESDAY 3, 2019 Beef Soft Tacos Lettuce & Tomato) Salsa Peppers and Onions Refried Beans Mixed Fruit</p>	<p>THURSDAY 4, 2019 CLOSED HAPPY FOURTH OF JULY!</p>	<p>FRIDAY 5, 2019 Pork Tamale w/ Red Chile Pinto Beans Mixed Vegetables Lettuce & Tomato Pineapple</p>
<p>MONDAY 8, 2019 Sweet and Sour Pork Steamed Rice Oriental Veggies Wheat Bread w/ Margarine Apple</p>	<p>TUESDAY 9, 2019 Baked Chicken w/ Gravy Mashed Potatoes California Blend Vegetables Dinner Roll w/ Margarine Applesauce</p>	<p>WEDNESDAY 10, 2019 Chicken Alfredo w/Penne Italian Vegetables Garlic Butter Roll Mixed Fruit</p>	<p>THURSDAY 11, 2019 Sloppy Joes Potato Wedges Sliced Tomato Jalapenos Broccoli Pineapple in Low Fat Pudding</p>	<p>FRIDAY 12, 2019 Frito Pie Lettuce, Tomato Carrot Raisin Salad Apple</p>
<p>MONDAY 15, 2019 Tuna Salad Sandwich Macaroni Salad Mixed Vegetables in Low Fat Italian Dressing Orange</p>	<p>TUESDAY 16, 2019 Turkey and Cheese Sandwich Lite Mayo Potato Salad Tomato Slices Mandarin Oranges</p>	<p>WEDNESDAY 17, 2019 Bologna and Cheese Sandwich Mustard Macaroni Salad California Blend Vegetables Applesauce</p>	<p>THURSDAY 18, 2019 Ham Sandwich Mustard Macaroni Salad Mixed Vegetables in Low Fat Dressing Applesauce</p>	<p>FRIDAY 19, 2019 Peanut Butter and Jelly Sandwich Chips Celery Sticks, Carrot Sticks Ranch Dressing Orange</p>
<p>MONDAY 22, 2019 Chicken Salad Sandwich Chips Mixed Vegetables in Low Fat Italian Dressing Mixed Fruit</p>	<p>TUESDAY 23, 2019 Turkey, Bologna & Cheese Sandwich Potato Salad Chips, Mayo Tomato Slices Apple</p>	<p>WEDNESDAY 24, 2019 Tuna Salad Sandwich Celery Sticks Peanut Butter Carrot Sticks Ranch Dressing Mixed Fruit</p>	<p>THURSDAY 25, 2019 Turkey Sandwich Lettuce & Tomato Macaroni Salad Mustard Diced Pears</p>	<p>FRIDAY 26, 2019 Peanut Butter and Jelly Sandwich Chips Celery Sticks, Carrot Sticks Ranch Dressing Orange</p>
<p>MONDAY 29, 2019 Corndog Bites Mustard Chips Baked Beans Mixed Vegetables Apple</p>	<p>TUESDAY 30, 2019 Beef and Bean Burrito Red Chile Lettuce and Tomato Calabacitas Sour Cream Peanut Butter Cookie</p>	<p>FRIDAY 31, 2019 Bosque Farms Birthday Party Potluck</p>	<p><i>Belen Center Closed for</i> <i>renovations:</i> July 15 - 26th <i>Temporary Site: Belen Business</i> <i>Center</i> <i>(Located next door to Belen Senior</i> <i>Center)</i></p>	



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VALENCIA COUNTY JULY 2019
 Belen, NM 87002
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Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		Days in Week:	Days in Week:	Days in Week:	Days in Week:	Days in Week:
Calories	700	722	758	710	703	740
% Carbohydrates from Calories	45-55%	46.3%	48.7%	51.3%	52%	52.6%
% Protein from Calories	15-25%	25.6%	24.7%	22.9%	20.1%	21%
% Fat from Calories	25-35%	28.1%	26.6%	25.8%	27.8%	26.4%
Saturated Fat	less than 8g	8g	7.4g	6g	5.6g	6.4g
Fiber	10g	13.5g	13.7g	11.3g	10.9g	12.4g
Vitamin B-12	.8ug	1.8ug	3.1ug	2ug	1.8ug	2.6ug
Vitamin A	300ug RAE	1215.3ug	793.3ug	736.1ug	556.3ug	391.6ug
Vitamin C	30mg	248.5mg	78.4mg	30.9mg	33.3mg	53.5mg
Iron	2.6mg	5.6mg	6.7mg	4.5mg	3.5mg	5.6mg
Calcium	400mg	703.3mg	514.4mg	533.9mg	485.2mg	486.2mg
Sodium	less than 766mg	402mg	585.3mg	736.1mg	744.8mg	634.9mg



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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