



Menu #125 Diabetic Friendly Hot Roast Beef Sandwich

- 3 oz. Hot Roast Beef Sandwich***
- 1 Slice Wheat Bread 2T Gravy***
- 3/4 c Mashed Potatoes 2T Gravy***
- 3/4 c Steamed Carrots and Peppers***
- 1 Pear***
- 1 c 1% Low-Fat Milk***

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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North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	710
% Carbohydrates from Calories	45-55%	52%
% Protein from Calories	15-25%	23%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	13g
Vitamin B-12	.8ug	4ug
Vitamin A	300ug RAE	858ug
Vitamin C	30mg	44mg
Iron	2.6mg	7mg
Calcium	400mg	402mg
Sodium	less than 1000mg	897mg

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