



Menu #106 Pepper Steak

4 oz. Pepper Steak

4 oz. Steamed Rice

8 oz. Sliced Tomato

1 Slice Whole Wheat Bread w/ 1 tsp. Margarine

8 oz. Low Fat Peach Yogurt

4 oz. Sugar Free Lemon Pudding

8oz. 1% 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.

Jennifer Gilmore, RD, LD 9/24/12

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



Menu #106 Pepper Steak

Nutrient	Requirement	Menu
Calories	700	743
% Carbohydrates from Calories	45-55%	53%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	8g
Vitamin B-12	.8ug	4ug
Vitamin A	300ug RAE	311ug
Vitamin C	30mg	46mg
Iron	2.6mg	7mg
Calcium	400mg	538mg
Sodium	Less Than 1000mg	788mg

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