



Menu #501 *Bean Burrito*

3 oz. *Bean Burrito, 1 oz. Cheese*

1 *Flour Tortilla*

3 oz. *Spanish Rice*

8 oz. *Beets w/ 1 tsp. Margarine*

4 *Low Sodium Crackers w/ 1 T Peanut Butter*

4 oz. *Sliced Grapefruit*

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.

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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	761
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	17%
% Fat from Calories	25-35%	28%
Saturated Fat	less than 8g	6g
Fiber	5-7g	14g
Vitamin B-12	.8ug	1.2ug
Vitamin A	300ug RAE	314ug
Vitamin C	30mg	53mg
Iron	2.6mg	7mg
Calcium	400mg	541mg
Sodium	Less Than 1000mg	855mg

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