



Menu #SL9 Diabetic Friendly GC Meat & Cheese Burrito

- 1 Green Chile Meat & Cheese Burrito***
(2 oz. Ground Beef, 1oz. Cheese, 1 oz. Green Chile)
- 4 oz. Tossed Salad***
- 4 oz. Apricots***
- 2 Sugar Cookies***
- 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	703
% Carbohydrates from Calories	45-55%	51%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	7g
Fiber	5-7g	6.6g
Vitamin B-12	.8ug	3.4g
Vitamin A	300ug RAE	365ug RAE
Vitamin C	30mg	185mg
Iron	2.6mg	5.8mg
Calcium	400mg	653mg
Sodium	less than 1000mg	664mg

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