



Menu #328 Grilled Pork Chop

3 oz. Grilled Pork Chop

6 oz. Mashed Potatoes W/ 1 oz. Gravy

4 oz. Green peas

1 Biscuit

4 oz. Cherry Cobbler

8 oz. 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 #328 Grilled Pork Chop

Nutrient	Requirement	Menu
Calories	700	786
% Carbohydrates from Calories	45-55%	49%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	5.3g
Fiber	5-7g	12.4g
Vitamin B-12	.8ug	1.85ug
Vitamin A	300ug RAE	349.4ug
Vitamin C	30mg	31.2mg
Iron	2.6mg	6.6mg
Calcium	400mg	572.8mg
Sodium	Less than 1000mg	661.1mg

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