



Breakfast Menu #05 Biscuit & Eggs

3 oz. Scrambled Eggs

1 Biscuit

4 oz. Yogurt with Fruit

4 oz. Apple

2T Peanut Butter

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.

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North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
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Nutrient	Requirement	Menu
Calories	450	593
% Carbohydrates from Calories	45-55%	47%
% Protein from Calories	15-25%	17%
% Fat from Calories	25-35%	34%
Saturated Fat	less than 8g	7g
Fiber	5-7g	8g
Vitamin B-12	.8ug	2.1ug
Vitamin A	300ug RAE	302ug
Vitamin C	30mg	46mg
Iron	2.6mg	2.6mg
Calcium	400mg	705mg
Sodium	Less than 1000mg	660mg

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