



Menu #192 Sloppy Joe

1 Sloppy Joe

(3 oz. Ground Beef, 3 oz. Bell Pepper/Onion/Tomato Sauce, 1 Bun)

8 oz. Tossed Salad

2T Low Fat Dressing

4 oz. Green Beans

4 oz. Low Sugar Vanilla Ice Cream

1 Sl. Wheat Bread

8 oz. 1% Low-Fat 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	700
% Carbohydrates from Calories	45-55%	47%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	7.9g
Fiber	5-7g	13g
Vitamin B-12	.8ug	3.4ug
Vitamin A	300ug RAE	1201ug
Vitamin C	30mg	53mg
Iron	2.6mg	6.9mg
Calcium	400mg	657mg
Sodium	Less than 1000mg	978mg

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