



## **Menu #505 Taco Salad**

**1 Taco Salad**

**4 oz. Spanish Rice**

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

**6 Low Sodium Crackers**

**1 Orange**

**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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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	700
% Carbohydrates from Calories	45-55%	50%
% Protein from Calories	15-25%	18%
% Fat from Calories	25-35%	32%
Saturated Fat	less than 8g	8g
Fiber	5-7g	11g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	360ug
Vitamin C	30mg	104mg
Iron	2.6mg	6mg
Calcium	400mg	573mg
Sodium	Less Than 1000mg	912mg

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