



Menu #195 Crab Cake

2.5 oz. Crab Cake

8 oz. Potato Wedges

8 oz. Salad

2T Low Fat Dressing

4 oz. Coleslaw

4 oz. Orange Sherbet

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.

Jennifer Gilmore, RD, LD 10/18/13



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| Nutrient | Requirement | Menu |
|-------------------------------|------------------|---------------|
| Calories | 700 | 730 |
| % Carbohydrates from Calories | 45-55% | 55% |
| % Protein from Calories | 15-25% | 15% |
| % Fat from Calories | 25-35% | 29% |
| Saturated Fat | less than 8g | 8g |
| Fiber | 5-7g | 8.8g |
| Vitamin B-12 | .8ug | 5.3ug |
| Vitamin A | 300ug RAE | 1192ug |
| Vitamin C | 30mg | 53mg |
| Iron | 2.6mg | 3.5mg |
| Calcium | 400mg | 664mg |
| Sodium | Less than 1000mg | 1000mg |

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