



Menu #188 Beef Enchilada

***1 Beef Enchilada (2 oz. Ground Beef, 1 oz. Cheese,
1 oz. Red Chile, 1 Corn Tortilla)***

4 oz. Pinto Beans

2T Jalapeno, Onion & Tomato Salsa

6 Crackers

4 oz. Mandarin Oranges

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 10/1/13

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
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Nutrient	Requirement	Menu
Calories	700	743
% Carbohydrates from Calories	45-55%	48%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	7.9g
Fiber	5-7g	14.7g
Vitamin B-12	.8ug	3.7ug
Vitamin A	300ug RAE	343ug
Vitamin C	30mg	82mg
Iron	2.6mg	6.3mg
Calcium	400mg	515mg
Sodium	Less than 1000mg	530mg

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