



## ***Breakfast Menu #01 Scrambled Eggs & Toast***

- 3 oz. Scrambled Eggs***
- 1 sl. Toast w/ 1tsp. Margarine***
- 4 oz. Yogurt w/ Fruit***
- 2T Peanut Butter***
- 4 oz. Apple Juice***
- 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	450	683
% Carbohydrates from Calories	45-55%	50%
% Protein from Calories	15-25%	19%
% Fat from Calories	25-35%	29%
Saturated Fat	less than 8g	7.4g
Fiber	5-7g	5g
Vitamin B-12	.8ug	2.3ug
Vitamin A	300ug RAE	394ug
Vitamin C	30mg	89mg
Iron	2.6mg	4.1mg
Calcium	400mg	689mg
Sodium	Less than 1000mg	871mg

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