



## ***Menu #502 Turkey Dinner***

***3 oz. Roasted Turkey w/***

***2 oz. Gravy***

***2 oz. Stuffing***

***4 oz. Mashed Potatoes***

***4 oz. Green Beans***

***1 oz. Cranberry Sauce***

***1 Whole Wheat Dinner Roll w/ 1T Margarine***

***4 oz. Fruit Salad***

***8 oz. 2% 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  
505-827-7313



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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	752
% Carbohydrates from Calories	45-55%	51%
% Protein from Calories	15-25%	23%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	7.4g
Fiber	5-7g	13g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	391ug
Vitamin C	30mg	108mg
Iron	2.6mg	4.3mg
Calcium	400mg	499mg
Sodium	Less than 1000mg	960mg

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