



Menu #516 Hot Dog

- 1 Hot Dog (3 oz. Low Sodium Turkey Frank, 1 Bun)***
- 4 oz. Baked Beans***
- 4 oz. Sauerkraut***
- 8 oz. Salad /w 2T Low Fat Dressing***
- 4 oz. Chocolate Ice Cream***
- 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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Nutrient	Requirement	Menu
Calories	700	702
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	19%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	22g
Vitamin B-12	.8ug	1.7ug
Vitamin A	300ug RAE	547ug
Vitamin C	30mg	84mg
Iron	2.6mg	5.3mg
Calcium	400mg	671mg
Sodium	Less than 1000mg	867

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