



Menu #505 BBQ Pulled Pork

- 3 oz. BBQ Pulled Pork***
- 4 oz. Peas & Carrots***
- 4 oz. Salad w/ 2T Dressing***
- 1 oz. Whole Wheat Roll***
- 4 oz. Mandarin Oranges***
- 4 oz. Lemon Pudding***
- 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 1/16/14

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



Menu #505 BBQ Pulled Pork

Nutrient	Requirement	Menu
Calories	700	740
% Carbohydrates from Calories	45-55%	46%
% Protein from Calories	15-25%	24%
% Fat from Calories	25-35%	28%
Saturated Fat	less than 8g	8g
Fiber	5-7g	15g
Vitamin B-12	.8ug	2ug
Vitamin A	300ug RAE	2100ug
Vitamin C	30mg	51mg
Iron	2.6mg	4.4mg
Calcium	400mg	576mg
Sodium	less than 1000mg	974mg

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