



## **Menu #503 Enchilada Casserole**

**6oz. Enchilada Casserole**

**8 oz. Broccoli w/ 1 tsp. Margarine**

**1 Banana**

**1 Sq. Apple Spice Cake**

**8oz. 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	757
% Carbohydrates from Calories	45-55%	54%
% Protein from Calories	15-25%	17%
% Fat from Calories	25-35%	29%
Saturated Fat	less than 8g	8g
Fiber	5-7g	12g
Vitamin B-12	.8ug	2ug
Vitamin A	300ug RAE	347ug
Vitamin C	30mg	113mg
Iron	2.6mg	7mg
Calcium	400mg	488mg
Sodium	Less Than 1000mg	919mg

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