



Menu #162 Pepper Steak

5 oz. Pepper Steak

$\frac{1}{2}$ Baked Sweet Potato w/ 1T Margarine

6 oz. California Vegetables

1 Dinner Roll

4 oz. Cherry Cobbler

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.

Jennifer Gilmore, RD, LD 9/24/12

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	736.8
% Carbohydrates from Calories	45-55%	48%
% Protein from Calories	15-25%	24%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	6.5g
Fiber	5-7g	11.3g
Vitamin B-12	.8ug	3.3ug
Vitamin A	300ug RAE	1173ug
Vitamin C	30mg	86.7mg
Iron	2.6mg	6.7mg
Calcium	400mg	516.7mg
Sodium	Less Than 1000mg	700.4mg

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