



Menu #170 Cheeseburger

4 oz. Hamburger w/ Bun

1 oz. Lettuce, 1 oz. Tomato

1 oz. Cheese ½ oz. Onion

8 oz. Peas & Carrots

8 oz. Macaroni Salad

8 oz. 1% Low Fat 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 3/28/13

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 #170 Cheeseburger

Nutrient	Requirement	Menu
Calories	700	936
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6.8
Fiber	5-7g	13g
Vitamin B-12	.8ug	3.8ug
Vitamin A	300ug RAE	944ug
Vitamin C	30mg	42g
Iron	2.6mg	9mg
Calcium	400mg	678mg
Sodium	Less Than 1000mg	942mg

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