



Menu #144 Diabetic Friendly Green Chile Hamburger

3 oz GC Hamburger
1 lettuce Leaf & 1 tomato
1 onion & 1 Sl. Cheese
3/4 c Peas and Carrots
1/2 c Applesauce
2 Peanut butter Cookies
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
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	711.5
% Carbohydrates from Calories	45-55%	49%
% Protein from Calories	15-25%	24%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	7.8
Fiber	5-7g	20.8
Vitamin B-12	.8ug	3.4
Vitamin A	300ug RAE	986.8
Vitamin C	30mg	35.6
Iron	2.6mg	59
Calcium	400mg	569.2
Sodium	less than 1000mg	948.2

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