



Menu #515 Macaroni & Cheese

6 oz. Macaroni & Cheese

4 oz. Black Beans

8 oz. Salad /w 2T Low Fat Dressing

1 Dinner Roll w/ 1tsp. Margarine

1 med. Banana

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 4/1/14

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 #515 Macaroni & Cheese

Nutrient	Requirement	Menu
Calories	700	833
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	16%
% Fat from Calories	25-35%	28%
Saturated Fat	less than 8g	8g
Fiber	5-7g	16g
Vitamin B-12	.8ug	1.3ug
Vitamin A	300ug RAE	892ug
Vitamin C	30mg	33mg
Iron	2.6mg	4.6mg
Calcium	400mg	643mg
Sodium	Less than 1000mg	885mg

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