



Menu #101 Diabetic Friendly BBQ Chicken

3 oz. BBQ Chicken

½ c Pasta W/2 T Alfredo Sauce

½ c Mustard Greens W/1 tsp. Margarine

1 Dinner Roll W/ 1 tsp. Margarine

1 c Grapes & Strawberries

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 10/15/12

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	726
% Carbohydrates from Calories	45-55%	50%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	35%
Saturated Fat	less than 8g	5g
Fiber	5-7g	5g
Vitamin B-12	.8ug	1.5 ug
Vitamin A	300ug RAE	468ug
Vitamin C	30mg	62mg
Iron	2.6mg	5mg
Calcium	400mg	427mg
Sodium	less than 1000mg	732mg

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