



Menu #151 Stuffed Chicken Breast

3 oz. Chicken Breast

1 Baked Potato W/ 1T Sour Cream

1 tsp. Margarine

2 oz. Bread Stuffing

6 oz. Mixed Vegetables

1 Slice Applesauce Cake

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
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Nutrient	Requirement	Menu
Calories	700	788
% Carbohydrates from Calories	45-55%	51%
% Protein from Calories	15-25%	24%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	13.2g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	569.5ug
Vitamin C	30mg	32.3mg
Iron	2.6mg	5.1mg
Calcium	400mg	403.6mg
Sodium	Less Than 1000mg	931mg

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