



Menu #512 Chicken W/ Brown Gravy

3 oz. Chicken w/ 2 oz. Brown Gravy

4 oz. Sweet Potatoes

4 oz. Spinach

4 oz. Squash W/ Stewed Tomatoes

1 Wheat Roll w/ 1tsp. Margarine

4 oz. Applesauce

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 3/10/14

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	780
% Carbohydrates from Calories	45-55%	47%
% Protein from Calories	15-25%	19%
% Fat from Calories	25-35%	33%
Saturated Fat	less than 8g	7.4g
Fiber	5-7g	14g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	1579ug
Vitamin C	30mg	30mg
Iron	2.6mg	6.7mg
Calcium	400mg	560mg
Sodium	Less than 1000mg	877mg

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