



Menu #153 Fried Chicken

3 oz. Fried Chicken

4 oz. Green Beans and Potatoes

4 oz. Braised Onions

4 oz. Carrot Raisin Salad

1 slice Whole Wheat Bread

1 Peanut Butter Cookie

4 oz. Mandarin Oranges

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.

Jennifer Gilmore, RD, LD 9/24/12

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



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Nutrient	Requirement	Menu
Calories	700	826
% Carbohydrates from Calories	45-55%	46%
% Protein from Calories	15-25%	23%
% Fat from Calories	25-35%	31%
Saturated Fat	less than 8g	7.1g
Fiber	5-7g	11.4g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	970ug
Vitamin C	30mg	61.3mg
Iron	2.6mg	5.4mg
Calcium	400mg	454mg
Sodium	Less Than 1000mg	775mg

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