



Menu #223 Lemongrass Chicken Wrap,

1 Chicken Wrap

(4 oz. Marinated Chicken Breast, .5 oz. Cheese, 4oz. Lettuce, Tomato and Onion, 6" Tortilla)

8 oz. Salad w/ 2T Dressing

4 oz. Peas & Carrots

1 Sugar Free Peanut Butter Cookie

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 7/15/13

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	787
% Carbohydrates from Calories	45-55%	48%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	7.7g
Fiber	5-7g	9.7g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	970ug
Vitamin C	30mg	53mg
Iron	2.6mg	5mg
Calcium	400mg	599mg
Sodium	Less than 1000mg	776mg

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