



## **Menu #113 Diabetic Friendly Lemon Baked Chicken**

**3 oz. Baked Chicken**

**½ c White Rice**

**½ c Spinach Salad W/ Tomatoes W/ 2T Salad Dressing**

**1 Wheat Roll**

**½ c Applesauce**

**½ c Low Fat Yogurt W/ ¼ c Peaches**

**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.

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North Central New Mexico Economic Development District  
Council of Governments  
Non-Metro Area Agency on Aging  
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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	<b>742</b>
% Carbohydrates from Calories	45-55%	<b>50%</b>
% Protein from Calories	15-25%	<b>19%</b>
% Fat from Calories	25-35%	<b>31%</b>
Saturated Fat	less than 8g	<b>6g</b>
Fiber	5-7g	<b>6g</b>
Vitamin B-12	.8ug	<b>1.9ug</b>
Vitamin A	300ug RAE	<b>372u</b>
Vitamin C	30mg	<b>30mg</b>
Iron	2.6mg	<b>4mg</b>
Calcium	400mg	<b>539mg</b>
Sodium	less than 1000mg	<b>803mg</b>

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