



Menu # SL6 Diabetic Friendly Chicken Pasta Salad

3 oz. Chicken Pasta (3 oz. Chicken, 4 oz. Pasta)

6 Crackers

8 oz. Melon

(4 oz. Honeydew, 4 oz. Watermelon)

1 Chewy Granola Bar

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	723
% Carbohydrates from Calories	45-55%	49%
% Protein from Calories	15-25%	23.8%
% Fat from Calories	25-35%	26.9%
Saturated Fat	less than 8g	4.98g
Fiber	5-7g	5.8g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	358ug
Vitamin C	30mg	112mg
Iron	2.6mg	4.5mg
Calcium	400mg	406mg
Sodium	less than 1000mg	876mg

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