



Menu #221 Chicken Wrap,

1 Chicken Wrap (3 oz. Chicken, .5 oz. Cheese, 4oz. Lettuce, Tomato and Onion, 1 Tbsp. Ranch Dressing, 6" Tortilla)

4 oz. Celery Sticks

4 oz. Pasta Salad (2oz Pasta, 1oz Broccoli, 1oz Red Peppers)

1 Sugar Free Brownie

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	755
% Carbohydrates from Calories	45-55%	50%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	8g
Fiber	5-7g	7g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	468ug
Vitamin C	30mg	66mg
Iron	2.6mg	4.8mg
Calcium	400mg	543mg
Sodium	Less than 1000mg	748mg

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