



Menu #222 Thai Chicken Wrap,

1 Chicken Wrap

(3 oz. Breaded Chicken, 4oz. Cabbage, Tomato and Onion, 1 Tbsp. Peanut Sauce, 6" Tortilla)

8 oz. Salad w/ 2T Dressing

4 oz. Oriental Vegetables w/ 1T Margarine

4 oz. Sugar Free Chocolate Pudding

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
505-827-7313



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Nutrient	Requirement	Menu
Calories	700	781
% Carbohydrates from Calories	45-55%	45%
% Protein from Calories	15-25%	23%
% Fat from Calories	25-35%	31%
Saturated Fat	less than 8g	7.6g
Fiber	5-7g	8.3g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	626ug
Vitamin C	30mg	30mg
Iron	2.6mg	4.3mg
Calcium	400mg	566mg
Sodium	Less than 1000mg	974mg

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