



Menu #210 Chicken Paprika

3oz. Chicken Paprika

8 oz. Carrots w/ 2T Almond Slices

1 Breadstick w/ 1 tsp. Margarine

8 oz. Strawberries

8 oz. Sugar-Free Cranapple Tapioca w/ Pears

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 inprotein, 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
PO Box 5115 Santa Fe NM 87502
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Menu #209 Oven Fried Chicken

Nutrient	Requirement	Menu
Calories	700	701
% Carbohydrates from Calories	45-55%	50%
% Protein from Calories	15-25%	17%
% Fat from Calories	25-35%	33%
Saturated Fat	less than 8g	5g
Fiber	5-7g	11g
Vitamin B-12	.8ug	1.3ug
Vitamin A	300ug RAE	931ug
Vitamin C	30mg	108mg
Iron	2.6mg	5mg
Calcium	400mg	414mg
Sodium	Less Than 1000mg	904mg

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