



## **Menu #139 *Chicken Tetrazzini***

**8 oz. *Chicken Tetrazzini***

**4 oz. *California Blend w/ 1 tsp. Margarine***

**5 *Low Sodium Crackers***

**4 oz. *Apple Crisp***

**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.

Jennifer Gilmore, RD, LD 9/24/12

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	782
% Carbohydrates from Calories	45-55%	50%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	6g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	460ug
Vitamin C	30mg	34
Iron	2.6mg	6mg
Calcium	400mg	411mg
Sodium	Less Than 1000mg	650mg

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