



Menu #213 Chicken Noodle Soup

6oz. Chicken Noodle Soup

8 oz. Lima Beans w/ 1 tsp. Margarine

1 Biscuit w/ 1 tsp. Margarine

8 oz. Mandarin Oranges

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



Menu #213 *Chicken Noodle Soup*

Nutrient	Requirement	Menu
Calories	700	775
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	17%
% Fat from Calories	25-35%	28%
Saturated Fat	less than 8g	6g
Fiber	5-7g	13g
Vitamin B-12	.8ug	1.3ug
Vitamin A	300ug RAE	564ug
Vitamin C	30mg	110mg
Iron	2.6mg	8mg
Calcium	400mg	403mg
Sodium	Less Than 1000mg	806mg

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