



## **Menu #138 Chicken & Noodles**

- 8 oz. Chicken w/ Noodles**
- 4 oz. Steamed Cauliflower**
- 4 oz. Caesar Salad w/ 2T Dressing**
- 1 Whole Wheat Roll**
- 4 oz. Fruit Cocktail**
- 4 oz. Rice Pudding**
- 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.

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North Central New Mexico Economic Development District  
Council of Governments  
Non-Metro Area Agency on Aging  
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Nutrient	Requirement	Menu
Calories	700	724
% Carbohydrates from Calories	45-55%	53%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	7g
Vitamin B-12	.8ug	2ug
Vitamin A	300ug RAE	447ug
Vitamin C	30mg	53mg
Iron	2.6mg	5mg
Calcium	400mg	570mg
Sodium	Less Than 1000mg	888mg

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