



Menu #SL7 Diabetic Friendly Chicken Salad Sandwich

- 1 Chicken Salad Sandwich**
(4 oz. Chicken Salad, 2 SL. WW Bread)
- 4 oz. Macaroni Salad**
- 6 Crackers**
- 4 oz. Apricots**
- 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 | 791 |
| % Carbohydrates from Calories | 45-55% | 46% |
| % Protein from Calories | 15-25% | 17% |
| % Fat from Calories | 25-35% | 35% |
| Saturated Fat | less than 8g | 6.6g |
| Fiber | 5-7g | 7.2g |
| Vitamin B-12 | .8ug | 1.36g |
| Vitamin A | 300ug RAE | 372ug RAE |
| Vitamin C | 30mg | 58mg |
| Iron | 2.6mg | 5.1mg |
| Calcium | 400mg | 445mg |
| Sodium | less than 1000mg | 903mg |

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