



Menu #119 Chicken Strips

8 oz. Chicken Strips w/2 oz. Low Sodium Gravy

8 oz. Mashed Potatoes w/2 oz. Low Sodium Gravy

4 oz. Broccoli

4 oz. Carrots

1 Whole Wheat Roll w/ 1 tsp. Margarine

1 Oatmeal Cookie

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
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| Nutrient | Requirement | Menu |
|-------------------------------|------------------|-------|
| Calories | 700 | 797 |
| % Carbohydrates from Calories | 45-55% | 48% |
| % Protein from Calories | 15-25% | 25% |
| % Fat from Calories | 25-35% | 27% |
| Saturated Fat | less than 8g | 8g |
| Fiber | 5-7g | 11.7g |
| Vitamin B-12 | .8ug | 1.5ug |
| Vitamin A | 300ug RAE | 859ug |
| Vitamin C | 30mg | 63mg |
| Iron | 2.6mg | 5mg |
| Calcium | 400mg | 475mg |
| Sodium | Less Than 1000mg | 957mg |

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