



## **Menu #105 Diabetic Friendly Fried Chicken**

**3 oz. Fried Chicken**

**3 oz. Coleslaw**

**½ c Green Beans**

**½ c Mashed Sweet Potatoes**

**1 Roll W/ 1 Teaspoon Margarine**

**1 Chocolate Chip Cookie**

**1 Apple**

**8 oz. 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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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	<b>716.3</b>
% Carbohydrates from Calories	45-55%	<b>55%</b>
% Protein from Calories	15-25%	<b>20%</b>
% Fat from Calories	25-35%	<b>25%</b>
Saturated Fat	less than 8g	<b>5.2g</b>
Fiber	5-7g	<b>13g</b>
Vitamin B-12	.8ug	<b>1.227g</b>
Vitamin A	300ug RAE	<b>984.1ug</b>
Vitamin C	30mg	<b>57.8mg</b>
Iron	2.6mg	<b>4.31mg</b>
Calcium	400mg	<b>818.8mg</b>
Sodium	less than 1000mg	<b>724.3mg</b>

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