



Menu #144 Diabetic Friendly Baked Chicken Sandwich

3 oz. Chicken Breast W/ Bun

1 oz American Cheese

1 slice Tomato

½ c Black Eyed Peas

½ c Steamed Carrots W/ 1T Margarine

1 Slice Angel Food Cake With ¼ c Sliced Strawberries

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.

Jennifer Gilmore, RD, LD 10/16/12

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



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Nutrient	Requirement	Menu
Calories	700	768
% 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	9g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	927ug
Vitamin C	30mg	30mg
Iron	2.6mg	5mg
Calcium	400mg	617mg
Sodium	less than 1000mg	997mg

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