



## ***Menu #214 Cream of Chicken Soup***

***8 oz. Cream of Chicken Soup***

***4 oz. Wild Rice***

***8 oz. Peppers***

***1 Breadstick w/ 1 tsp. Margarine***

***1 Apple***

***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  
PO Box 5115 Santa Fe NM 87502  
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## Menu #214 Cream of Chicken Soup

| Nutrient                      | Requirement      | Menu  |
|-------------------------------|------------------|-------|
| Calories                      | 700              | 701   |
| % Carbohydrates from Calories | 45-55%           | 53%   |
| % Protein from Calories       | 15-25%           | 21%   |
| % Fat from Calories           | 25-35%           | 26%   |
| Saturated Fat                 | less than 8g     | 6g    |
| Fiber                         | 5-7g             | 8g    |
| Vitamin B-12                  | .8ug             | 2ug   |
| Vitamin A                     | 300ug RAE        | 423ug |
| Vitamin C                     | 30mg             | 125mg |
| Iron                          | 2.6mg            | 5mg   |
| Calcium                       | 400mg            | 612mg |
| Sodium                        | Less Than 1000mg | 831mg |

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