



Menu #149 Chicken Chow Mein

6 oz. Chicken Chow Mein

4 oz. Brown Rice

6 oz. Peas W/ Carrots

1 Whole Wheat Roll w/ 1 tsp. Margarine

1 Almond Cookie

4 oz. Cantaloupe

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	731.2
% Carbohydrates from Calories	45-55%	48%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	30%
Saturated Fat	less than 8g	6.3g
Fiber	5-7g	11.5g
Vitamin B-12	.8ug	1.1ug
Vitamin A	300ug RAE	1002ug
Vitamin C	30mg	66.1mg
Iron	2.6mg	5.3mg
Calcium	400mg	426.1mg 998.4mg
Sodium	Less Than 1000mg	998mg

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