



## **Menu #211 *Chicken Tomato Bake***

**6 oz. *Chicken Tomato Bake***

**8 oz. *Carrots and Peas w/ 1 tsp. Margarine***

**1 *Whole Wheat Roll w/ 1 tsp. Margarine***

**8 oz. *Banana, Strawberry and Grapes***

**4 oz. *Frozen Yogurt***

**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  
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Nutrient	Requirement	Menu
Calories	700	717
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	18%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	8g
Fiber	5-7g	13g
Vitamin B-12	.8ug	1.3ug
Vitamin A	300ug RAE	951ug
Vitamin C	30mg	53mg
Iron	2.6mg	6mg
Calcium	400mg	533mg
Sodium	Less Than 1000mg	780mg

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