



## ***Menu #194 Chicken Parmesan***

***3 oz. Chicken Parmesan***

***8 oz. Salad***

***2T Low Fat Dressing***

***4 oz. Coleslaw***

***1 Dinner Roll***

***4 oz. Baked Apples***

***8oz 1% Low-Fat 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 10/16/13



## Menu #194 Chicken Parmesan

Nutrient	Requirement	Menu
Calories	700	<b>727</b>
% Carbohydrates from Calories	45-55%	<b>47%</b>
% Protein from Calories	15-25%	<b>25%</b>
% Fat from Calories	25-35%	<b>26%</b>
Saturated Fat	less than 8g	<b>7.2g</b>
Fiber	5-7g	<b>9g</b>
Vitamin B-12	.8ug	<b>2.4ug</b>
Vitamin A	300ug RAE	<b>409ug</b>
Vitamin C	30mg	<b>30mg</b>
Iron	2.6mg	<b>3.8mg</b>
Calcium	400mg	<b>732mg</b>
Sodium	Less than 1000mg	<b>933mg</b>

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