



Menu #205 Baked Chicken Breast

- 3oz. Baked Chicken Breast**
- 4 oz. Pasta w/ 2T Alfredo Sauce**
- 4 oz. Spinach w/ 1 tsp. Margarine**
- 1 Biscuit w/ 1 tsp. Margarine**
- 1 Tangerine**
- 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
PO Box 5115 Santa Fe NM 87502
505-827-7313



Menu #205 Baked Chicken Breast

Nutrient	Requirement	Menu
Calories	700	750
% Carbohydrates from Calories	45-55%	46%
% Protein from Calories	15-25%	24%
% Fat from Calories	25-35%	29%
Saturated Fat	less than 8g	7g
Fiber	5-7g	6g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	724ug
Vitamin C	30mg	35mg
Iron	2.6mg	8mg
Calcium	400mg	480mg
Sodium	Less Than 1000mg	773mg

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