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| --- | --- | --- | --- | --- |
| **MONDAY, MARCH 3**  3oz Roast Beef  1oz LS Gravy  Baked Sweet Potato  3/4c Italian Green Beans  1 WW Roll w/ 1tsp margarine  3/4c Spiced Peaches | **TUESDAY, MARCH 4**  Chicken fajitas  (3oz chicken, 1/2c peppers and onions, 1 6in WW tortilla, 2 TBSP salsa)  1/4c Corn w/1/4c diced Red Pepper  3/4c Roasted Zucchini  1/2c Mandarin Oranges | **WEDNESDAY, MARCH 5**  6oz Beef Enchiladas  (3oz ground beef, 0.5oz cheese, 2 corn tortillas, 2 oz Red Chile sauce, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Spanish rice  1c Capri Vegetables  1 Brownie | **THURSDAY, MARCH 6**  4oz Fried Catfish  1 TBSP tartar sauce  1/2c Coleslaw w/ 1 TBSP Dressing  1c California Blend  1 WW Roll  1 Fresh Pear | **FRIDAY, MARCH 7**  2 oz Beef Polish Sausage w/ 1/2c peppers and onions  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 WW Roll  6oz Light nonfat Vanilla Yogurt  1/2c Strawberries and Banana |
| **MONDAY, MARCH 10**  3oz Chicken Fried Steak w/ 1oz LS Gravy  2 Smashed Potatoes (NAS) (what kind of potatoes)  3/4c Roasted Brussel Sprouts  1 WW Roll 1c Grapes | **TUESDAY, MARCH 11**  4oz Orange Chicken  (3oz chicken, 1oz sauce)  1c Stir Fry Vegetables 1/2c Brown Rice 1/2c Pineapple Chunks | **WEDNESDAY, MARCH 12**  Beef Tacos  (3oz Beef, 1/2c Lettuce and tomato, 2 TBSP salsa, 2 corn tortilla, 0.5 oz Shredded cheese)  1/2c LS Pinto Beans  1c Vegetable Medley  Banana | **THURSDAY, MARCH 13**  3oz Baked Pork Chops  2oz LS Gravy  3/4c Green Vegetable Pasta Salad  (1/4c pasta, 1/2c green vegetables (peas, spinach, cucumbers))  1/2c LS 3 Bean Salad  1 WW Roll 1/2c Frozen Tropical Fruit | **FRIDAY, MARCH 14**  1c Beef Stew  (3oz Beef, 1/2c Vegetables)  1/2c Cabbage  1/2c Beets  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1oz Cornbread w/ 1 tsp unsalted butter  1/2c Apricots |
| **MONDAY, MARCH 17**  Hamburger  (3oz beef patty, 1 bun, 1/2c lettuce, 1 slice tomato, 1 slice onion)  3/4c French Fries  1/2c Roasted Brussel Sprouts  1 slice Angel Food cake w/  1/2c Strawberries | **TUESDAY, MARCH 18**  Carnitas Tacos  (3oz pork, 2 oz Red Chile, 2 Corn Tortillas)  2 TBSP Pico de Gallo  1/2c LS Pinto Beans  1/2c Steamed Spinach  1/2c Sliced Apples with Cinnamon | **WEDNESDAY, MARCH 19**  3oz Chicken Strips  1/2c Brown Rice w/ 1oz LS Gravy  1/2c Steamed Green Beans  1/2c Cucumber/Tomato Salad  1/2c Orange Sherbet | **THURSDAY, MARCH 20**  Chef salad  (1c romaine lettuce, 1oz LS Ham, 1oz Turkey, 1 HB Egg, 1/4c cucumber, 1/4c Carrots, 1/8c red cabbage, 1/8c red onion, 1/4c Red Tomato)  2 TBSP Light Ranch Dressing  1 WW Roll w/ 1tsp Margarine  1 Orange (sliced) | **FRIDAY, MARCH 21**  4oz Meatloaf  2oz Brown Gravy  Baked Sweet Potato w/ 1 tsp margarine  1/2c Mustard Greens  1 WW Roll  1/2c Applesauce |
| **MONDAY, MARCH 24**  Green Chile Beef, Potato & Cheese Burrito  (1 8in flour tortilla, 3oz ground beef, 1/2c diced potatoes, .5oz Cheese),  1/4c GC Sauce  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1 Apple (sliced) | **TUESDAY, MARCH 25**  3oz Salisbury Steak w/1oz  LS Brown Gravy and 1/4c Grilled Onions  1/2c Corn  1/2c Turnip Greens  1 WW Roll  1c Grapes | **WEDNESDAY, MARCH 26**  1c Green chili chicken enchiladas  (2 corn tortillas, 1oz cheese, 3oz chicken,  2oz GC sauce, 1/2c Lettuce and tomato)  1/2c Catalina Salad  3/4c Capri Vegetable Blend  1/2c Sherbet | **THURSDAY, MARCH 27**  3oz Pork Roast w/  1oz LS Brown Gravy  2 Smashed Potatoes (NAS)  1/2c Baby Carrots  1/2c Roasted Brussels Sprouts  1 WW Roll  1/2c Chilled Apricots | **FRIDAY, MARCH 28**  3oz LS Lemon Garlic Chicken Breast  1/2c Fried Okra  1/2c LS three bean salad  1 WW Roll  1/2c SF Jell-O  1 Fresh Pear |
| **MONDAY, MARCH 31**  3.5oz Swiss Steak (how much sodium was in this?)  2oz LS Gravy w/ 1/2c Mushrooms  1/2c Brown Rice  1/2c Spinach w/ 1 tsp Margarine  1 WW Roll w/ 1tsp Margarine  Orange (sliced)  1 Peanut Butter Cookie |  |  |  | NAS=No Added Salt  LS=Low Sodium  SF=Sugar Free  LF=Low Fat  FF=Fat Free  WW=Whole Wheat |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| GCCalories | 700 or more | 700.0 | 711.1 | 700.0 | 727.9 | 714.7 |
| % Carbohydrates from Calories | 45-55% | 47.7 | 49.8 | 53.0 | 49.2 | 48.6 |
| % Protein from Calories | 15-25% | 21.6 | 22.0 | 20.2 | 22.0 | 18.0 |
| % Fat from Calories | 25-35% | 30.6 | 28.1 | 26.9 | 28.8 | 33.4 |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 6.7 | 7.7 | 7.7 |
| Fiber | 10g or more | 11.6 | 10.4 | 12.0 | 10.2 | 10.9 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.5 | 2.3 | 2.2 | 2.2 |
| Vitamin A | 300ug RAE or more | 664.1 | 643.7 | 754.9 | 363.7 | 768.6 |
| Vitamin C | 30mg or more | 72.6 | 41.0 | 69.5 | 51.2 | 85.9 |
| Iron | 2.6mg or more | 4.6 | 5.2 | 5.4 | 5.1 | 8.4 |
| Calcium | 400mg or more | 513.8 | 458.7 | 486.1 | 502.0 | 574.4 |
| Sodium | less than 766mg | 759.7 | 737.3 | 749.5 | 760.8 | 762.2 |

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.

Constance Rudnicki MS, RDN, LD approved on January 21, 2025