|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY, MARCH 3**3oz Roast Beef 1oz LS Gravy  Baked Sweet Potato3/4c Italian Green Beans1 WW Roll w/ 1tsp margarine3/4c 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 rice1c Capri Vegetables1 Brownie | **THURSDAY, MARCH 6**4oz Fried Catfish1 TBSP tartar sauce 1/2c Coleslaw w/ 1 TBSP Dressing 1c California Blend1 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 Dressing1 WW Roll6oz Light nonfat Vanilla Yogurt1/2c Strawberries and Banana |
| **MONDAY, MARCH 10**3oz Chicken Fried Steak w/ 1oz LS Gravy2 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 Beans1c 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 Cabbage1/2c Beets1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1oz Cornbread w/ 1 tsp unsalted butter1/2c Apricots |
| **MONDAY, MARCH 17**Hamburger(3oz beef patty, 1 bun, 1/2c lettuce, 1 slice tomato, 1 slice onion)3/4c French Fries1/2c Roasted Brussel Sprouts1 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 Beans1/2c Steamed Spinach 1/2c Sliced Apples with Cinnamon  | **WEDNESDAY, MARCH 19**3oz Chicken Strips 1/2c Brown Rice w/ 1oz LS Gravy1/2c Steamed Green Beans1/2c Cucumber/Tomato Salad1/2c 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 Dressing1 WW Roll w/ 1tsp Margarine1 Orange (sliced) | **FRIDAY, MARCH 21**4oz Meatloaf2oz Brown GravyBaked Sweet Potato w/ 1 tsp margarine1/2c Mustard Greens1 WW Roll1/2c 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 Sauce1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1 Apple (sliced) | **TUESDAY, MARCH 25** 3oz Salisbury Steak w/1ozLS Brown Gravy and 1/4c Grilled Onions1/2c Corn1/2c Turnip Greens1 WW Roll1c 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 Salad3/4c Capri Vegetable Blend 1/2c Sherbet | **THURSDAY, MARCH 27**3oz Pork Roast w/ 1oz LS Brown Gravy2 Smashed Potatoes (NAS)1/2c Baby Carrots 1/2c Roasted Brussels Sprouts1 WW Roll 1/2c Chilled Apricots | **FRIDAY, MARCH 28**3oz LS Lemon Garlic Chicken Breast1/2c Fried Okra1/2c LS three bean salad1 WW Roll1/2c 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 Mushrooms1/2c Brown Rice1/2c Spinach w/ 1 tsp Margarine1 WW Roll w/ 1tsp MargarineOrange (sliced)1 Peanut Butter Cookie  |  |  |  | NAS=No Added SaltLS=Low SodiumSF=Sugar FreeLF=Low FatFF=Fat FreeWW=Whole Wheat |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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