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| **Monday, March 3****1% milk** 4 oz. BBQ Pork Patty(4oz pork patty, 2 TBSP LS Barbecue Sauce)1/2c LS Baked Beans1c Coleslaw w/ 2 TBSP Dressing1/2c Cucumber & Tomato Salad1 sl. Cornbread w/ 1 tsp. Margarine1/2c Fresh Grapes | **Tuesday, March 4****2% milk** Breaded Chicken Sandwich(3 oz. Chicken, 1 Bun, 1/2c Lettuce & 2 slices Tomato)1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1/2c Celery & 8 baby carrots1 oz. Potato Chips1 Fresh Pear | **Wednesday, March 5****1% milk** Red Chile Beef Enchiladas(3 oz. Beef, 1/4c Red Chile, 2 Corn Tortillas)1/2c Black Beans1/2c Green Beans1c Tossed Salad w/ 2T Light Dressing1 Fresh Orange | **Thursday, March 6****2% milk** 3 oz. Pork Chop1/2c Rice Pilaf1c 5 way vegetables 1 Wheat Roll w/ 1 tsp. Margarine1/2c Peaches in 1/4c Cottage Cheese | **Friday, March 7****1% milk** Chicken Fajita(3 oz. Chicken, 1/2c Peppers & Onion, 1 6in Flour Tortilla)1/2c LS Refried Beans1/2c Squash &1/4c Corn1 Apple Turnover |
| **March 10**1c Chili w/ beans(3oz beef, 1/2c pinto beans) 1.5c Tossed salad w/ 2 TBSP light ranch dressing1 slice Mexican cornbread3/4c Apricots | **March 11**2oz LS Ham1/4c dressing1/2c sweet potatoes w/ 1/3c Chopped pecans1/2c asparagus1/4c cranberry sauce1 WW Roll1/2c applesauce  | **March 12**3oz Salisbury Steak2oz LS gravy w/1/2c mushrooms1/3c Herbed Red Roasted Potatoes3/4c broccoli1WW roll3/4c Orange sections w/ ¼ tsp cinnamon | **March 13**8oz Chicken and Dumpling(3 oz. Chicken, 1 oz. Sauce, 1/2c Dumplings)1/2c mustard greens1/2c carrotsWheat roll 1/2c spiced peaches | **March 14**Stuffed Bell Peppers(3oz ground beef, 1/4c rice, ½ bell pepper)1c Mexican Salad w/1c Romain Lettuce, 5 cherry tomatoes, 1/8c Red onion, 1/4c corn, ¼ Avocado, .5oz Cotija Cheese, .5oz Tortilla chips2 TBSP Mexican Salad dressingWheat roll 1/2c strawberries |
| **March 17**2 oz. Corned Beef & 1/2c Cabbage1/2c Carrots w/ 1 tsp unsalted butter 1/2c Parsley Potatoes1 Wheat roll w/ 1 tsp. Margarine1/2c Lime Sherbet  Banana 1/2c Low-fat Plain Yogurt | **March 18**Tuna salad Sandwich(2 slices wheat bread3oz light tuna, 1/2c lettuce, 2 slices tomato)3/4c LS Tomato Soup1/2c Creamy Cucumber Salad1/2c Warm apple slices | **March 19**3 oz. Chicken Tenders 1/2c LS Herb Roasted Red Potatoes 3/4c California blend Vegetables1 Wheat Roll w/1 tsp. Margarine3/4c Fruit Cocktail | **March 20**Pepper Steak (3oz beef, 1/2c Peppers and onions)1c Steamed Brown Rice 1/2c Green Beans w/ 1 tsp margarine1/2c Carrot/Raisin Salad 1/2c Lemon Pudding | **March 21**1/2c Baked Macaroni & Cheese(1 oz. Cheese, 1/2c Macaroni) 1c Italian blend vegetables1c Plain lowfat yogurt w/ 1/2c Berries |
| **March 24**Soft Beef Tacos(2 corn tortillas, 3oz beef1/2c Lettuce & Tomato2 TBSP Salsa)1/2c LS Pinto beans1c Capri Vegetables 1/2c unsweetened applesauce | **March 25**Ham and Cheese Sandwich(2oz LS Ham, 1oz swiss Cheese, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)1oz Multigrain Chips1c Garden Blend veg. Banana | **March 26**3oz Chicken Fried Steak1/2c LS Mashed Potatoes2oz LS Country Gravy1c Vegetable Medley1 WW Dinner Roll w/1tsp Margarine1/2c pears | **March 27**3oz LS Herbed Baked Fish2 TBSP Tartar Sauce1/2c Brown rice w/ 1/4c mushrooms 1c Italian blend vegetables 1 Wheat Roll w/ 1 unsalted butter 1c Strawberries | **March 28**Frito Pie (3oz beef, 2oz RC sauce,1oz Corn Chips, 1/8c onions)1/2c LS Black beans1/2c Carrot raisin Salad 1/2c Diced mango  |
| **March 31**Beef & Papas(3oz Lean Ground Beef, 1/2c Potato)3/4c LS Pinto Beans1/2c LS Roasted Zucchini2 TBSP LS Salsa1 6 in flour Tortilla1c Cantaloupe |  |  |  |  |

***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** |
| Calories | 700 or more | 822.2 | 793.1 | 703.9 | 727.3 | 785.8 |
| % Carbohydrates from Calories | 45-55% | 51.2 | 45.2 | 54.7 | 48.5 | 46.8 |
| % Protein from Calories | 15-25% | 20.5 | 21.8 | 19.8 | 22.5 | 25.8 |
| % Fat from Calories | 25-35% | 28.3 | 33.0 | 25.5 | 29.0 | 27.6 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 6.5 | 7.7 | 7.9 |
| Fiber | 10g or more | 15.2 | 7.9 | 10.7 | 13.4 | 17.8 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.8 | 3.0 | 2.8 | 3.5 |
| Vitamin A | 300ug RAE or more | 810.2 | 710.3 | 485.1 | 365.3 | 435.1 |
| Vitamin C | 30mg or more | 91.1 | 76.7 | 36.3 | 33.6 | 106.1 |
| Iron | 2.6mg or more | 5.2 | 6.6 | 4.2 | 4.9 | 8.1 |
| Calcium | 400mg or more | 564.4 | 516.8 | 623.2 | 493.9 | 478.1 |
| Sodium | less than 766mg | 742.6 | 755.8 | 766.4 | 685.5 | 572.3 |

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 7, 2025