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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 Beans  1c Coleslaw w/ 2 TBSP Dressing  1/2c Cucumber & Tomato Salad  1 sl. Cornbread w/  1 tsp. Margarine  1/2c 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 carrots  1 oz. Potato Chips  1 Fresh Pear | **Wednesday, March 5**  **1% milk**  Red Chile Beef Enchiladas  (3 oz. Beef, 1/4c Red Chile,  2 Corn Tortillas)  1/2c Black Beans  1/2c Green Beans  1c Tossed Salad w/ 2T Light Dressing  1 Fresh Orange | **Thursday, March 6**  **2% milk**  3 oz. Pork Chop  1/2c Rice Pilaf  1c 5 way vegetables  1 Wheat Roll w/ 1 tsp. Margarine  1/2c 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 Beans  1/2c Squash &1/4c Corn  1 Apple Turnover |
| **March 10**  1c Chili w/ beans  (3oz beef, 1/2c pinto beans)  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1 slice Mexican cornbread  3/4c Apricots | **March 11**  2oz LS Ham  1/4c dressing  1/2c sweet potatoes w/ 1/3c Chopped pecans  1/2c asparagus  1/4c cranberry sauce  1 WW Roll  1/2c applesauce | **March 12**  3oz Salisbury Steak  2oz LS gravy w/  1/2c mushrooms  1/3c Herbed Red Roasted Potatoes  3/4c broccoli  1WW roll  3/4c Orange sections w/ ¼ tsp cinnamon | **March 13**  8oz Chicken and Dumpling  (3 oz. Chicken, 1 oz. Sauce,  1/2c Dumplings)  1/2c mustard greens  1/2c carrots  Wheat 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 chips  2 TBSP Mexican Salad dressing  Wheat roll  1/2c strawberries |
| **March 17**  2 oz. Corned Beef & 1/2c Cabbage  1/2c Carrots w/ 1 tsp unsalted butter  1/2c Parsley Potatoes  1 Wheat roll w/ 1 tsp. Margarine  1/2c Lime Sherbet  Banana  1/2c Low-fat Plain Yogurt | **March 18**  Tuna salad Sandwich  (2 slices wheat bread  3oz light tuna, 1/2c lettuce, 2 slices tomato)  3/4c LS Tomato Soup  1/2c Creamy Cucumber Salad  1/2c Warm apple slices | **March 19**  3 oz. Chicken Tenders  1/2c LS Herb Roasted Red Potatoes  3/4c California blend Vegetables  1 Wheat Roll w/  1 tsp. Margarine  3/4c Fruit Cocktail | **March 20**  Pepper Steak  (3oz beef, 1/2c Peppers and onions)  1c Steamed Brown Rice  1/2c Green Beans w/ 1 tsp margarine  1/2c Carrot/Raisin Salad  1/2c Lemon Pudding | **March 21**  1/2c Baked Macaroni & Cheese  (1 oz. Cheese, 1/2c Macaroni)  1c Italian blend vegetables  1c Plain lowfat yogurt w/ 1/2c Berries |
| **March 24**  Soft Beef Tacos  (2 corn tortillas, 3oz beef  1/2c Lettuce & Tomato  2 TBSP Salsa)  1/2c LS Pinto beans  1c 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 Chips  1c Garden Blend veg.  Banana | **March 26**  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes  2oz LS Country Gravy  1c Vegetable Medley  1 WW Dinner Roll w/1tsp Margarine  1/2c pears | **March 27**  3oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  1/2c 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 beans  1/2c Carrot raisin Salad  1/2c Diced mango |
| **March 31**  Beef & Papas  (3oz Lean Ground Beef, 1/2c Potato)  3/4c LS Pinto Beans  1/2c LS Roasted Zucchini  2 TBSP LS Salsa  1 6 in flour Tortilla  1c 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