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| Monday, March 3 8 oz. Green Chili Beef Stew(3 oz. ground beef, 1/2c Potatoes, Tomatoes, and onions and Green Chile) 1.5c Tossed Salad w/ 2T Light Ranch DressingDressing1 6” Flour Tortilla 1 Banana | Tuesday, March 4 4 oz. Cornflake Chicken(4 oz. Chicken Breast)4 oz. Brown Rice8 oz. Vegetable Medley w/ 2 tsp unsalted butter 8oz. Apricots | Wednesday, March 53oz LS Baked Fish (1 tsp Mrs. Dash)1TBSP Tartar Sauce1/2c NAS Baked french fries 4 oz. Brussel Sprouts 1.5c Salad w/ 2 TBSP Light ranch dressingWheat roll w/ 1 tsp unsalted butter 1c Fruit Salad  | Thursday, March 6Open Faced Turkey Sandwich(2oz. Turkey, 2oz. gravy, 1 slice wheat bread)4 oz. Spinach w/ 1 tsp margarine4 oz. baked Sweet Potatoes6oz. Diced Mango1/2c Light (SF) nonfat vanilla yogurt  | Friday, March 71c GC our Cream Enchiladas(2 corn tortillas, 1 oz. cheese 2.5 oz. green chili sauce, 1 oz. sour cream, 1 oz. onion)4 oz. Black Beans1.5c Tossed Salad w/ 2 Tbsp. Light Ranch Dressing8oz. Strawberries |
| Monday, March 103 oz. Pork Loin2oz LS Gravy4 oz. Black eyed Peas1/4c Red Bell Peppers4 oz. Tomato & Onion SaladWheat roll 4 oz. SF Peach Cobbler, 1/4c Cobbler | Tuesday, March 113 oz. Meatloaf2oz LS gravy3oz. LS Herb Roasted Potatoes8 oz. Broccoli & Cauliflower1 Whole Wheat Roll w/ 1 tsp. unsalted butter 1 Orange | Wednesday, March 123 oz. Baked Chicken Nuggets2 TBSP Honey Mustard1/2c Cucumber and tomato salad1/2c spinachWheat roll 4 oz. Baked Apple Slices | Thursday, March 132 oz LS Ham2oz Pineapple glaze 8 oz. Pasta Salad (4 oz. Pasta 4 oz. vegetables)4oz. Asparagus4 oz. Garbanzo Beans1 Wheat roll w/ 1 tsp. unsalted butter 8oz. Tropical Salad | Friday, March 14Fish & Chips(3 oz. Breaded Fish, 1 Tbsp. Tartar Sauce)4 oz. Baked French Fries NAS8 oz. Coleslaw w/ 2 Tbsp. DressingWheat roll w/ 1 tsp unsalted butter 8 oz. Grapes |
| Monday, March 172 oz. Corned Beef½ Baked Potato w/ 1 tsp. margarine4oz. Cabbage, 2 oz. White Beans4 oz. Carrots1 Wheat Roll & 1 tsp. unsalted butter 4oz. Pears1/2c Light (SF) nonfat vanilla yogurt  | Tuesday, March 183 oz. Chicken Tenders2 oz. LS Gravy3oz. Mashed Potatoes8 oz. Capri Vegetables1 Wheat Roll 1 tsp. unsalted butter Orange | Wednesday, March 198 oz. Lasagna w/ 5 oz. Meat Sauce (3 oz. beef & 2 oz. Marinara Sauce,4 oz. Lasagna noodles)8 oz. Italian Blend Vegetables1oz Garlic Breadstick8 oz. Fruit Salad | Thursday, March 20Chicken Fajitas(3oz Chicken,1/2c Peppers and onions, 1 TBSP salsa, 6 in wheat tortilla)1c Zucchini and NAS Diced tomatoes w/ 1 tsp unsalted butter 1/2c Pinto beans1/2c Apricots  | Friday, March 211 Grilled Cheese Sandwich(2 Slices Wheat Bread1 oz. sliced cheese)8 oz.LS tomato soup 1/2c Beets6 oz. Fruit Compote1c Light nonfat vanilla yogurt  |
| Monday, March 248 oz. Beef & Broccoli(3 oz. Beef, 3 oz. Broccoli, 2 oz. peppers, 2 oz. sauce)8 oz. Brown Rice8 oz. Stir Fry Vegetables4 oz. Mandarin Oranges1 Fortune Cookie | Tuesday, March 253 oz. BBQ Chicken Thigh(3 oz. Chicken thigh, 2 oz. BBQ Sauce)6 oz. Creamy Coleslaw4 oz. Ranch Beans1 Wheat Roll & 1tsp. margarine4 oz. Bananas in 4 oz. Vanilla Pudding | Wednesday, March 268 oz. Beef & Barley Soup(3 oz. Beef, 2 oz. Barley, 2 oz. Vegetables)4 oz. Cauliflower w/ 1 tsp. butter4 oz. Beet & Onion Salad1 Slice Whole Wheat Bread4 oz. Pineapple Tidbits | Thursday, March 27Green Chili Cheese Chicken Sandwich(1 bun, 3 oz. Chicken, 1 oz. green chili, .5 oz. cheese)4 oz. Sweet Potato Fries4 oz. Diced Carrots w/ margarine6 oz. Tropical Fruit | Friday, March 28Fettuccine Alfredo(Meatless Meal) (2 oz. Light Alfredo Sauce, 1 oz. Cheese, 4 oz. Fettuccine)4 oz. Green Beans8 oz. Salad w/ 2 Tbsp. Ranch Dressing6 LS Crackers4 oz. Mixed Fruit4 oz. Light (SF) nonfat Vanilla Yogurt |
| Monday, March 31 1/2c Classic Chicken salad(3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)1c California blend vegetables w/ 1 tsp magarine1/2c Sweet potatoes w/ 1/2c Apples slices Orange  |  |  |  |  |

***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 | 700.0 | 780.2 | 724.5 | 765.2 | 719.6 |
| % Carbohydrates from Calories | 45-55% | 54.8 | 52.3 | 54.4 | 52.3 | 45.2 |
| % Protein from Calories | 15-25% | 18.7 | 19.7 | 19.8 | 22.1 | 22.3 |
| % Fat from Calories | 25-35% | 28.6 | 28.0 | 25.8 | 25.6 | 32.6 |
| Saturated Fat | less than 8g | 8.0 | 7.6 | 7.9 | 7.4 | 5.8 |
| Fiber | 10g or more | 11.9 | 11.7 | 12.6 | 10.1 | 12.0 |
| Vitamin B-12 | .8ug or more | 2.2 | 1.9 | 1.9 | 2.4 | 1.1 |
| Vitamin A | 300ug RAE or more | 760.3 | 355.6 | 397.3 | 567.1 | 738.5 |
| Vitamin C | 30mg or more | 64.1 | 72.1 | 53.4 | 46.4 | 738.5 |
| Iron | 2.6mg or more | 5.6 | 5.6 | 4.5 | 4.9 | 3.7 |
| Calcium | 400mg or more | 513.1 | 454.3 | 572.9 | 532.3 | 486.9 |
| Sodium | less than 766mg | 764.4 | 764.0 | 748.2 | 753.8 | 693.1 |

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 29, 2025