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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 Dressing  Dressing  1 6” Flour Tortilla  1 Banana | Tuesday, March 4  4 oz. Cornflake Chicken  (4 oz. Chicken Breast)  4 oz. Brown Rice  8 oz. Vegetable Medley w/ 2 tsp unsalted butter  8oz. Apricots | Wednesday, March 5  3oz LS Baked Fish (1 tsp Mrs. Dash)  1TBSP Tartar Sauce  1/2c NAS Baked french fries  4 oz. Brussel Sprouts  1.5c Salad w/ 2 TBSP Light ranch dressing  Wheat roll w/ 1 tsp unsalted butter  1c Fruit Salad | Thursday, March 6  Open Faced Turkey Sandwich  (2oz. Turkey, 2oz. gravy, 1 slice wheat bread)  4 oz. Spinach w/ 1 tsp margarine  4 oz. baked Sweet Potatoes  6oz. Diced Mango  1/2c Light (SF) nonfat vanilla yogurt | Friday, March 7  1c 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 Beans  1.5c Tossed Salad w/ 2 Tbsp. Light Ranch Dressing  8oz. Strawberries |
| Monday, March 10  3 oz. Pork Loin  2oz LS Gravy  4 oz. Black eyed Peas  1/4c Red Bell Peppers  4 oz. Tomato & Onion Salad  Wheat roll  4 oz. SF Peach Cobbler, 1/4c Cobbler | Tuesday, March 11  3 oz. Meatloaf  2oz LS gravy  3oz. LS Herb Roasted Potatoes  8 oz. Broccoli & Cauliflower  1 Whole Wheat Roll w/ 1 tsp. unsalted butter  1 Orange | Wednesday, March 12  3 oz. Baked Chicken Nuggets  2 TBSP Honey Mustard  1/2c Cucumber and tomato salad  1/2c spinach  Wheat roll  4 oz. Baked Apple Slices | Thursday, March 13  2 oz LS Ham  2oz Pineapple glaze  8 oz. Pasta Salad (4 oz. Pasta 4 oz. vegetables)  4oz. Asparagus  4 oz. Garbanzo Beans  1 Wheat roll w/ 1 tsp. unsalted butter  8oz. Tropical Salad | Friday, March 14  Fish & Chips  (3 oz. Breaded Fish, 1 Tbsp. Tartar Sauce)  4 oz. Baked French Fries NAS  8 oz. Coleslaw w/ 2 Tbsp. Dressing  Wheat roll w/ 1 tsp unsalted butter  8 oz. Grapes |
| Monday, March 17  2 oz. Corned Beef  ½ Baked Potato w/ 1 tsp. margarine  4oz. Cabbage, 2 oz. White Beans  4 oz. Carrots  1 Wheat Roll & 1 tsp. unsalted butter  4oz. Pears  1/2c Light (SF) nonfat vanilla yogurt | Tuesday, March 18  3 oz. Chicken Tenders  2 oz. LS Gravy  3oz. Mashed Potatoes  8 oz. Capri Vegetables  1 Wheat Roll  1 tsp. unsalted butter  Orange | Wednesday, March 19  8 oz. Lasagna w/ 5 oz. Meat Sauce (3 oz. beef & 2 oz. Marinara Sauce,  4 oz. Lasagna noodles)  8 oz. Italian Blend Vegetables  1oz Garlic Breadstick  8 oz. Fruit Salad | Thursday, March 20  Chicken 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 beans  1/2c Apricots | Friday, March 21  1 Grilled Cheese Sandwich  (2 Slices Wheat Bread  1 oz. sliced cheese)  8 oz.LS tomato soup  1/2c Beets  6 oz. Fruit Compote  1c Light nonfat vanilla yogurt |
| Monday, March 24  8 oz. Beef & Broccoli  (3 oz. Beef, 3 oz. Broccoli, 2 oz. peppers, 2 oz. sauce)  8 oz. Brown Rice  8 oz. Stir Fry Vegetables  4 oz. Mandarin Oranges  1 Fortune Cookie | Tuesday, March 25  3 oz. BBQ Chicken Thigh  (3 oz. Chicken thigh, 2 oz. BBQ Sauce)  6 oz. Creamy Coleslaw  4 oz. Ranch Beans  1 Wheat Roll & 1tsp. margarine  4 oz. Bananas in 4 oz. Vanilla Pudding | Wednesday, March 26  8 oz. Beef & Barley Soup  (3 oz. Beef, 2 oz. Barley, 2 oz. Vegetables)  4 oz. Cauliflower w/ 1 tsp. butter  4 oz. Beet & Onion Salad  1 Slice Whole Wheat Bread  4 oz. Pineapple Tidbits | Thursday, March 27  Green Chili Cheese Chicken Sandwich  (1 bun, 3 oz. Chicken, 1 oz. green chili, .5 oz. cheese)  4 oz. Sweet Potato Fries  4 oz. Diced Carrots w/ margarine  6 oz. Tropical Fruit | Friday, March 28  Fettuccine Alfredo  (Meatless Meal) (2 oz. Light Alfredo Sauce, 1 oz. Cheese, 4 oz. Fettuccine)  4 oz. Green Beans  8 oz. Salad w/ 2 Tbsp. Ranch Dressing  6 LS Crackers  4 oz. Mixed Fruit  4 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 magarine  1/2c 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