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| --- | --- | --- | --- | --- | --- |
| **MONDAY**  **1% milk and light Italian dressing used in analysis** | ***TUESDAY*** | **WEDNESDAY Mar 1**  Beef Fajitas 4oz beef, .5oz cheese,  (1/2c onion, bell pepper,  1 TBSP cilantro,  1/4c tomato, 2 TBSP Salsa)  6in flour tortilla  ½ c Pinto Beans  1c zucchini w/ NAS Diced Tomatoes  1c Mandarin Oranges and pineapple tidbits w/ 1 TBSP Whipped topping | **THURSDAY Mar 2**  3oz Lean Roast Pork Loin  1c California blend vegetables  1/2c Baked Sweet Potato w/ 1/2c Apple slices  Wheat Roll  1/2c grapes | **FRIDAY Mar 3** |  |
| **MONDAY Mar 6**  6 oz Chicken Pot Pie  (3oz Chicken, 1oz crust, 1/2c vegetables  1 c mixed green salad (lettuce, tomato, cucumber, carrot, cabbage) w/ 2 TBSP Light Dressing  6 LS WW Crackers  ½ c tropical fruit salad | ***TUESDAY Mar 7*** | **WEDNESDAY Mar 8**  Red Chile Beef Enchiladas  (3oz Beef, 1oz cheese, 1oz Red Chile, 2 corn tortillas)  1/2c Low Sodium Spanish Rice  1c Calabacitas  1 slice pineapple upside down cake w/ 1/2c Pineapple | **THURSDAY Mar 9**  Hawaiian Pork  (3oz Pork, 2oz pineapple, carrots, peppers, 1 oz Sauce)  1/2c Brown Rice  1 c mixed green salad w/ 2 TBSP Light Dressing  1 biscuit  ½ c Gelatin w/ 1/2c Banana | **FRIDAY Mar 10** |  |
| **MONDAY Mar 13**  Chicken Alfredo (3oz chicken, 2oz Light alfredo sauce)  1/2c fettuccine  1 c Mixed Green Salad  w/ 2 TBSP Light Dressing  1 slice garlic toast  1c Strawberries | ***TUESDAY Mar 14*** | **WEDNESDAY Mar 15**  3oz LS Baked white fish w 1 TBSP Tartar Sauce 1c broccoli and cauliflower  10 NAS French fries  Yogurt Parfait  (3/4c Granola, 1/2c Peaches, 1/2c Nonfat Greek vanilla Yogurt) | **THURSDAY Mar 16**  3 oz Corned beef  1/2c Roasted potatoes  1/2c cabbage and carrots  1 wheat roll  ½ c apple sauce  1/2c lime sherbet | **FRIDAY Mar 17** |  |
| **MONDAY Mar 20**  Cheeseburger (3oz ground beef, 1/2c lettuce 2 slices tomato slice, 2 slices dill pickle, 1 onion slice, .5oz American cheese, 1 bun  3/4c Reduced Sodium Stewed Tomatoes  1/3c sweet potato fries  1/2c Pears  1 chocolate chip cookie | ***TUESDAY Mar 21*** | **WEDNESDAY Mar 22**  Chicken salad (3oz chicken,  1oz walnuts, celery, hard-boiled eggs, mayo)  1 petite croissant  8 baby carrots  1/2c Celery sticks  1/2c Corn and red peppers  1oz Sun Chips  1/2c mixed fruit | **THURSDAY Mar 23**  Baked meatball sub sandwich (3 oz baked meatball, 1oz Marinara sauce, 1 hot dog bun, )  1/2c lettuce and tomato  1/2c Peppers and  onions,  1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)  1/2c LS Baked Beans  Orange | **FRIDAY Mar 24** |  |
| **MONDAY Mar 27**  1 c LS LF Broccoli and Potato Soup w/ 1oz Lite sausage  1/2c Cabbage  ½ c Tomato Salad (1/2c tomato, .5oz mozzarella string cheese, basil, olive oil, vinegar, 1/2c LS Garbanzo Beans)  4 LS WW Crackers  ½ c peaches | ***TUESDAY Mar 28*** | **WEDNESDAY Mar 29**  Frito Pie  3oz Ground beef 1oz Corn Chips, 2oz red chile  1/2c Lettuce and tomato  1/2c Pinto Beans  1/2c Peas and Carrots  1/2c Apricots | **THURSDAY Mar 30**  3oz steak  ½ c mashed potatoes  1oz LS brown gravy  ½ c green beans  1/2c Tossed Salad w/ 1 TBSP Light Dressing  4 LS WW crackers  Apple | **FRIDAY Mar 31** |  |

***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:**  **2** | **Days in Week:**  **3** | **Days in Week:**  **3** | **Days in Week:**  **3** | **Days in Week:**  **3** |
| Calories | 700 or more | 720.9 | 751.8 | 786.5 | 838.5 | 806.1 |
| % Carbohydrates from Calories | 45-55% | 47.6 | 53.2 | 47.7 | 52.5 | 49.9 |
| % Protein from Calories | 15-5% | 27.3 | 15.7 | 22.9 | 20.7 | 21.0 |
| % Fat from Calories | 25-35% | 25.0 | 31.1 | 29.4 | 26.8 | 29.2 |
| Saturated Fat | Less than 8g | 8.0 | 7.5 | 8.0 | 8.0 | 7.9 |
| Fiber | 10 g or more | 12.8 | 10.1 | 10.2 | 15.4 | 17.9 |
| Vitamin B-12 | .8ug or more | 3.2 | 1.6 | 2.8 | 2.5 | 4.1 |
| Vitamin A | 300ug or more | 707.7 | 902.4 | 423.7 | 716.5 | 598.8 |
| Vitamin C | 30mg or more | 81.2 | 43.7 | 64.4 | 96.9 | 45.0 |
| Iron | 2.6mg or more | 4.9 | 3.9 | 4.5 | 5.4 | 7.0 |
| Calcium | 400mg or more | 499.9 | 484.9 | 499.2 | 547.6 | 516.9 |
| Sodium | less than 766mg | 551.4 | 740.2 | 682.4 | 709.8 | 530.7 |

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.

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