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|  |  | **Wednesday March 1**Red Chile Beef Enchiladas(3oz Beef 2oz RC, 2 corn tortillas, 1oz Cheese)1/2c LS Pinto Beans½ LS Spanish Rice6 LS WW Crackers 1/2c Apple sauce | **Thursday March 2**3 oz Chicken, ¾ c Fajita blend Vege½ c LS Pinto Beans1c Tossed Salad/ Tbsp. light Dressing1-6’’ Tortilla ½ c Rice Pudding1/2c Strawberries  | **Friday March 3** 3oz Fish Sticks1/2c Mashed Potatoes w 2oz LS gravy1c California blendBiscuit1/2c Mixed fruit  |
| **Monday March 6**4oz LS Beef Tips4oz egg noodles8oz Zucchini & NAS Diced Tomatoes4oz Spinach w/ 1/3c LS White Beans1 Wheat Roll w. 1 tsp margarine 4oz Mandarin Oranges | **Tuesday March 7**3oz Baked Chicken Baked Potatoes w 1 tsp margarine and 1/2c Broccoli Wheat roll w/ 1 tsp margarine1/2c Chocolate Pudding w/ 1/3c Sweet Cherries  | **Wednesday March 8**Ham & Cheese Sandwich(1 oz. Low Sodium Ham, .5 oz. Cheese, 2 sl. Wheat Bread, 1/2c Lettuce & 2 slices Tomato)10 NAS French Fries3/4c LS Vegetable Soup w/ 1/2c LS White Beans1/2c Fruit Salad | **Thursday March 9**Stuffed Bell Peppers(1/2 Pepper, 3oz Meat, 1oz rice)1/2c LS Stewed Tomatoes1/2c Carrot Salad Wheat Roll 1/2c SF Gelatin  | **Friday March 10**2oz Torta de Huevow/ 2oz Red Chile Sauce3/4c LS Pinto Beans1/2c Asparagus w/ 1/2c mushrooms, 1 tsp margarine1 6” Flour Tortilla 1/2c Peaches in Crisp |
| **Monday March 13**Grilled Chicken Sandwich(3oz Chicken, 1bun, 1/2c Lettuce, 2 slices tomato)1/2c Sweet Potatoes1/2c Beets and onion1/2c Spiced Plums | **Tuesday March 14**Green Chile Hamburger and Potato Stew(1oz GC, 3oz Beef, 1/2c Potatoes)1c Tossed Salad w/ 2 TBSP Light Dressing6 LS WW Crackers1/2c Pears | **Wednesday March 15**Chicken Chalupa (3oz Diced Chicken, 1 6in flour tortilla, 1/2c lettuce and tomato, .5oz Cheese, 1oz GC, 1/4c onion)1/2c LS Pinto Beans1oz Salsa1/2c Tossed Salad w/ 1 TBSP Light dressing1/2c Tropical Fruit | **Thursday March 16**4oz Pork Stir Fry(3oz Pork 1oz Sauce)1/2c Brown Rice1c Oriental Veggies1/2c Tossed Salad w/ 1 TBSP Light DressingWheat Roll w/ 1tsp margarine1/2c Mandarin Oranges | **Friday March 17**Tuna Salad Sandwich (3oz Tuna, 2 slices wheat bread, 1/2c Lettuce, 2 slices tomato)1/2c LS 3 bean salad8 baby carrots & 1/2c Celery Stick Yellow Cake w frosting |
| **Monday March 20**3oz Breaded Steak 1/2c Mashed Potato w 1oz LS Country gravy1c Mixed Veggies 6 LS WW Crackers 1c Strawberries & Peaches4oz Nonfat Greek Vanilla YogurtServe yogurt instead of milk on this day | **Tuesday March 21**3oz Chicken and 1/2c Noodles, 2oz LS Gravy1c Carrots and Cauliflower 2oz Spice Cake | **Wednesday March 22**Steak N Stuff (3oz Steak, 1/4c peppers, .5oz Cheese)1/2c Roasted Brussel Sprouts1/2c potato wedges WW Roll1/2c Pineapple Orange Salad | **Thursday March 23**Chicken Tacos(3oz Chicken, 1 6in Flour tortilla, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1c Calabacitas w GC1/2c SF Gelatin  | **Friday March 24**Red Chile Cheese Enchiladas(2 corn tortilla, 2oz RC, 1oz Cheese)1/2c LS Pinto Beans1/2c LS Spanish Rice1c Capri Veggies1/2c Spiced Apples4oz Nonfat Greek Vanilla YogurtServe yogurt instead of milk on this day |
| **Monday March 27**3oz Chicken Strips1/2c Mashed Potatoes w / 2oz LS Gravy1/2c Chuckwagon corn Wheat Roll3/4c Fruit Compote  | **Tuesday March 28**2oz LS Baked Ham 1/2c Sweet Potatoes1c Broccoli w 1oz Cheese sauceWheat Roll w/ 1 tsp margarine1/2c Berries  | **Wednesday March 29** Baked Ziti w/ Meat Sauce (3oz meat, 1/2c Pasta, 2oz NAS Marinara)1c Italian blend1 sl. Garlic Bread1c Apricots w/ 1/2c Gelatin | **Thursday March 30**Hot Wings(3oz Chicken, 2 TBSP Hot BBQ Sauce)1c Pasta Salad (1/2c Vegetables, 1/2c pasta)1/2c Green Beans & Onions1/2c Cherries in Cobbler | **Friday March 31**3oz Baked Tilapia w/Lemon1c Garden Blend Vegetables 4oz Rice Pilaf WW roll w/ 1 tsp margarine |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 805.9 | 710.5 | 722.0 | 743.8 | 718.9 |
| % Carbohydrates from Calories | 45-55% | 55.5 | 54.0 | 54.7 | 53.6 | 52.1 |
| % Protein from Calories | 15-25% | 19.5 | 20.7 | 20.1 | 21.1 | 20.8 |
| % Fat from Calories | 25-35% | 25.0 | 25.2 | 25.3 | 25.3 | 27.1 |
| Saturated Fat | less than 8g | 7.8 | 7.4 | 7.0 | 8.0 | 7.8 |
| Fiber | 10g or more | 14.7 | 12.7 | 13.1 | 11.2 | 10.3 |
| Vitamin B-12 | .8ug or more | 2.5 | 1.9 | 1.7 | 2.0 | 2.2 |
| Vitamin A | 300ug RAE or more | 708.8 | 362.7 | 620.4 | 464.4 | 503.9 |
| Vitamin C | 30mg or more | 65.9 | 51.5 | 49.1 | 68.0 | 71.6 |
| Iron | 2.6mg or more | 5.5 | 6.7 | 4.8 | 4.3 | 4.4 |
| Calcium | 400mg or more | 569.8 | 525.4 | 491.3 | 480.7 | 422.2 |
| Sodium | less than 766mg | 699.2 | 763.2 | 723.2 | 662.5 | 762.2 |

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