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|  |  | **Wednesday March 1**  Red Chile Beef Enchiladas  (3oz Beef 2oz RC, 2 corn tortillas, 1oz Cheese)  1/2c LS Pinto Beans  ½ LS Spanish Rice  6 LS WW Crackers  1/2c Apple sauce | **Thursday March 2**  3 oz Chicken, ¾ c Fajita blend Vege  ½ c LS Pinto Beans  1c Tossed Salad/ Tbsp. light Dressing  1-6’’ Tortilla  ½ c Rice Pudding  1/2c Strawberries | **Friday March 3**  3oz Fish Sticks  1/2c Mashed Potatoes w 2oz LS gravy  1c California blend  Biscuit  1/2c Mixed fruit |
| **Monday March 6**  4oz LS Beef Tips  4oz egg noodles  8oz Zucchini & NAS Diced Tomatoes  4oz Spinach w/ 1/3c LS White Beans  1 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 margarine  1/2c 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 Fries  3/4c LS Vegetable Soup w/ 1/2c LS White Beans  1/2c Fruit Salad | **Thursday March 9**  Stuffed Bell Peppers  (1/2 Pepper, 3oz Meat, 1oz rice)  1/2c LS Stewed Tomatoes  1/2c Carrot Salad  Wheat Roll  1/2c SF Gelatin | **Friday March 10**  2oz Torta de Huevo  w/ 2oz Red Chile Sauce  3/4c LS Pinto Beans  1/2c Asparagus w/ 1/2c mushrooms, 1 tsp margarine  1 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 Potatoes  1/2c Beets and onion  1/2c 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 Dressing  6 LS WW Crackers  1/2c 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 Beans  1oz Salsa  1/2c Tossed Salad w/ 1 TBSP Light dressing  1/2c Tropical Fruit | **Thursday March 16**  4oz Pork Stir Fry  (3oz Pork 1oz Sauce)  1/2c Brown Rice  1c Oriental Veggies  1/2c Tossed Salad w/ 1 TBSP Light Dressing  Wheat Roll w/ 1tsp margarine  1/2c 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 salad  8 baby carrots & 1/2c Celery Stick  Yellow Cake w frosting |
| **Monday March 20**  3oz Breaded Steak  1/2c Mashed Potato w 1oz LS Country gravy  1c Mixed Veggies  6 LS WW Crackers  1c Strawberries & Peaches  4oz Nonfat Greek Vanilla Yogurt  Serve yogurt instead of milk on this day | **Tuesday March 21**  3oz Chicken and 1/2c Noodles, 2oz LS Gravy  1c Carrots and Cauliflower  2oz Spice Cake | **Wednesday March 22**  Steak N Stuff  (3oz Steak, 1/4c peppers, .5oz Cheese)  1/2c Roasted Brussel Sprouts  1/2c potato wedges  WW Roll  1/2c Pineapple Orange Salad | **Thursday March 23**  Chicken Tacos  (3oz Chicken, 1 6in Flour tortilla, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Calabacitas w GC  1/2c SF Gelatin | **Friday March 24**  Red Chile Cheese Enchiladas  (2 corn tortilla, 2oz RC, 1oz Cheese)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Capri Veggies  1/2c Spiced Apples  4oz Nonfat Greek Vanilla Yogurt  Serve yogurt instead of milk on this day |
| **Monday March 27**  3oz Chicken Strips  1/2c Mashed Potatoes w / 2oz LS Gravy  1/2c Chuckwagon corn  Wheat Roll  3/4c Fruit Compote | **Tuesday March 28**  2oz LS Baked Ham  1/2c Sweet Potatoes  1c Broccoli w 1oz Cheese sauce  Wheat Roll w/ 1 tsp margarine  1/2c Berries | **Wednesday March 29**  Baked Ziti w/ Meat Sauce (3oz meat, 1/2c Pasta, 2oz NAS Marinara)  1c Italian blend  1 sl. Garlic Bread  1c 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 & Onions  1/2c Cherries in Cobbler | **Friday March 31**  3oz Baked Tilapia w/Lemon  1c 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.

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