|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise indicated  LS=Low Sodium  NAS=no added salt  SF=Sugar Free  LF=Low Fat |  | **WEDNESDAY MARCH 1**  3.5oz Mexican Meatloaf  4oz LS Pinto beans w/ 2oz Green Chile  4oz steamed Spinach  4oz Salsa Corn  WW roll w/ 1 tsp margarine  4oz Fruit Cocktail | **THURSDAY MARCH 2**  4oz Italian Pork Chop  6oz Broccoli  4oz Mixed Vegetables  WW Roll w/ 1 tsp margarine  6oz Peaches | **FRIDAY MARCH 3**  Green Chile Sour Cream Enchiladas  (2 corn tortilla, 1oz Cheese, 1/2c Black beans , 1oz GC Sauce)  4oz LS Spanish Rice  1c Tossed Salad w/ 2 TBSP Light Dressing  1c Strawberries and Banas |
| **MONDAY MARCH 6**  6oz Green Chile Hamburger stew  (3oz Beef, 1oz GC, 1oz Potatoes) 1c Green Salad w/ 2 TBSP Light Dressing  1 6in Flour Tortilla  Banana | **TUESDAY MARCH 7**  3oz Cornflake Chicken  1c Fried Rice (1/2c Rice, and 1/2c Peas and Carrots)  4oz Roasted Brussel Sprouts  1 WW roll  8oz Apricots | **WEDNESDAY MARCH 8**  Beef and Papas  (3oz Beef, 4oz Potatoes, 4oz LS Pinto Beans, 1oz GC)  8oz Calabacitas  1 6in Flour Tortilla  4oz Diced Mango | **THURSDAY MARCH 9**  8oz Beef and Barley Soup  (3oz Beef, 2oz Barley, 2oz Vegetables)  8oz Cauliflower  4oz Beet and Onion Salad  1 sl WW Bread  8oz Pineapple Tidbits | **FRIDAY MARCH 10**  3oz LS Baked Fish (1 tsp Mrs. Dash)  1 TBSP Tartar Sauce  4oz Roasted Red Potatoes  8oz LF Broccoli Salad  WW roll w/ 1 tsp margarine |
| **MONDAY MARCH 13**  Philly Steak Sandwich  (4oz LS Philly Steak, 1 sub roll, 1/2c Lettuce, 2 slices tomato, 1/2c peppers and onions)  3/4c Okra  4oz Stewed tomatoes  8oz Cantaloupe | **TUESDAY MARCH 14**  3oz Baked Chicken Nuggets  1 TBSP Honey Mustard  8oz Chuckwagon Vegetables  1 biscuit  6oz Baked Apple Slices | **WEDNESDAY MARCH 15**  2oz LS Glazed Ham  4oz Baked Sweet Potato  6oz Asparagus & 1/4c LS Garbanzo Beans  1 WW roll w/ 1 tsp Margarine | **THURSDAY MARCH 16**  2oz Corned Beef  ½ Baked Potato w/ 1 tsp margarine  4oz Cabbage, w/ 1/3c White Beans  6oz carrots  WW roll w/ 1 tsp margarine  4oz Lime Gelatin w/ 1/2c Pears | **FRIDAY MARCH 17**  Fettuccine Alfredo  (2oz Light Alfredo Sauce (1 oz Cheese), 1c Fettuccine)  8oz Italian Vegetables  8oz LS 3 Bean Salad (1/2c green and wax beans, 1/2c Red beans)  8oz Mixed Fruit |
| **MONDAY MARCH 20**  4oz Spaghetti w/ 5oz Meat Sauce (3oz beef, 2oz NAS Marinara Sauce  4oz Green Beans w/ 4oz Green peas  4oz Green Salad w/ 1 TBSP Light Dressing  Garlic Breadstick  4oz SF Gelatin  1/2c Fruit Salad | **TUESDAY MARCH 21**  3oz Chicken Tenders  1oz LS Gravy  4oz Mashed Potatoes w/ 1oz LS Gravy  8oz Capri Vegetables  WW Roll w/ 1 tsp margarine | **WEDNESDAY MARCH 22**  3oz Lean Pork Loin  4oz LS Black Eyed Peas w/ 4oz Red Bell Pepper  4oz Tomato and onion Salad  2in Cornbread  4oz Peaches in Cobbler | **THURSDAY MARCH 23**  4oz Beef Steak Ranchero  (3oz beef, 1oz sauce)  4oz LS Pinto Beans  8oz California Blend Vegetables  Wheat Roll  8oz Strawberries, 2 oz Angel Food Cake | **FRIDAY MARCH 24**  Grilled Cheese Sandwich  (2 sl. Wheat Bread, 1oz Cheese)  1c Tossed Salad w/ 2 TBSP Light Dressing  8oz LS Vegetable Soup  & 4oz LS White Beans  6oz Fruit Compote |
| **MONDAY MARCH 27**  8oz Pepper Steak  (3oz Steak, 3oz Peppers/onions)  4oz White Rice  8oz Stir Fry Vegetables  4oz Mandarin Oranges  1 Fortune Cookie | **TUESDAY MARCH 28**  3oz BBQ Chicken Thigh  (3oz Chicken, 2oz LS BBQ sauce)  1c Coleslaw w/ 2 TBSP dressing  1/2c LS Ranch Beans  WW Roll w/ 1 tsp margarine  4oz Bananas in 1/2c Vanilla Pudding | **WEDNESDAY MARCH 29**  3oz Meatloaf  4oz Au gratin Potatoes  8oz Broccoli/Cauliflower  WW Roll w 1 tsp margarine  1 Orange | **THURSDAY MARCH 30**  3oz Baked Chicken  4oz Mushrooms, 1 oz Alfredo Sauce  6oz Sweet Potato Wedges  4oz Sliced Tomatoes  1 biscuit  4oz Tropical Fruit Salad | **FRIDAY MARCH 31**  Fish Sandwich  (3oz Breaded Fish, 1 bun, 1/2c Lettuce, 2 slices tomato, 1 TBSP Tartar Sauce)  1/2c parsley Potatoes  6oz Spinach  1c Grapes |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 723.8 | 715.2 | 701.4 | 733.3 | 777.9 |
| % Carbohydrates from Calories | 45-55% | 55.1 | 51.2 | 52.7 | 53.6 | 53.0 |
| % Protein from Calories | 15-25% | 18.6 | 20.4 | 21.1 | 20.6 | 20.2 |
| % Fat from Calories | 25-35% | 26.4 | 29.4 | 26.1 | 25.8 | 26.8 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.4 | 7.7 | 7.6 |
| Fiber | 10g or more | 19.7 | 10.8 | 11.3 | 12.3 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.8 | 1.4 | 2.2 | 2.3 |
| Vitamin A | 300ug RAE or more | 597.9 | 402.7 | 701.3 | 385.3 | 732.5 |
| Vitamin C | 30mg or more | 110.3 | 89.4 | 64.9 | 72.8 | 103.5 |
| Iron | 2.6mg or more | 6.0 | 5.1 | 5.2 | 5.3 | 5.7 |
| Calcium | 400mg or more | 553.0 | 418.5 | 470.7 | 523.5 | 515.2 |
| Sodium | less than 766mg | 593.9 | 671.1 | 765.2 | 748.3 | 653.8 |

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