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| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise indicated LS=Low SodiumNAS=no added saltSF=Sugar FreeLF=Low Fat |  | **WEDNESDAY MARCH 1**3.5oz Mexican Meatloaf4oz LS Pinto beans w/ 2oz Green Chile4oz steamed Spinach4oz Salsa CornWW roll w/ 1 tsp margarine4oz Fruit Cocktail  | **THURSDAY MARCH 2**4oz Italian Pork Chop6oz Broccoli 4oz Mixed VegetablesWW Roll w/ 1 tsp margarine6oz Peaches | **FRIDAY MARCH 3**Green Chile Sour Cream Enchiladas(2 corn tortilla, 1oz Cheese, 1/2c Black beans , 1oz GC Sauce)4oz LS Spanish Rice1c Tossed Salad w/ 2 TBSP Light Dressing1c Strawberries and Banas  |
| **MONDAY MARCH 6** 6oz Green Chile Hamburger stew(3oz Beef, 1oz GC, 1oz Potatoes)1c Green Salad w/ 2 TBSP Light Dressing1 6in Flour TortillaBanana | **TUESDAY MARCH 7**3oz Cornflake Chicken1c 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 Calabacitas1 6in Flour Tortilla4oz Diced Mango  | **THURSDAY MARCH 9**8oz Beef and Barley Soup(3oz Beef, 2oz Barley, 2oz Vegetables)8oz Cauliflower4oz Beet and Onion Salad1 sl WW Bread8oz Pineapple Tidbits | **FRIDAY MARCH 10**3oz LS Baked Fish (1 tsp Mrs. Dash)1 TBSP Tartar Sauce4oz Roasted Red Potatoes8oz 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 Okra4oz Stewed tomatoes8oz Cantaloupe | **TUESDAY MARCH 14**3oz Baked Chicken Nuggets1 TBSP Honey Mustard8oz Chuckwagon Vegetables1 biscuit6oz Baked Apple Slices  | **WEDNESDAY MARCH 15**2oz LS Glazed Ham4oz Baked Sweet Potato 6oz Asparagus & 1/4c LS Garbanzo Beans 1 WW roll w/ 1 tsp Margarine | **THURSDAY MARCH 16**2oz Corned Beef½ Baked Potato w/ 1 tsp margarine4oz Cabbage, w/ 1/3c White Beans6oz carrotsWW roll w/ 1 tsp margarine4oz Lime Gelatin w/ 1/2c Pears  | **FRIDAY MARCH 17**Fettuccine Alfredo(2oz Light Alfredo Sauce (1 oz Cheese), 1c Fettuccine)8oz Italian Vegetables8oz 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 Sauce4oz Green Beans w/ 4oz Green peas4oz Green Salad w/ 1 TBSP Light DressingGarlic Breadstick4oz SF Gelatin1/2c Fruit Salad | **TUESDAY MARCH 21**3oz Chicken Tenders1oz LS Gravy4oz Mashed Potatoes w/ 1oz LS Gravy8oz Capri VegetablesWW Roll w/ 1 tsp margarine | **WEDNESDAY MARCH 22**3oz Lean Pork Loin4oz LS Black Eyed Peas w/ 4oz Red Bell Pepper4oz Tomato and onion Salad2in Cornbread 4oz Peaches in Cobbler  | **THURSDAY MARCH 23**4oz Beef Steak Ranchero(3oz beef, 1oz sauce)4oz LS Pinto Beans8oz 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 Dressing8oz LS Vegetable Soup & 4oz LS White Beans6oz Fruit Compote  |
| **MONDAY MARCH 27** 8oz Pepper Steak(3oz Steak, 3oz Peppers/onions)4oz White Rice8oz Stir Fry Vegetables4oz Mandarin Oranges1 Fortune Cookie  | **TUESDAY MARCH 28**3oz BBQ Chicken Thigh(3oz Chicken, 2oz LS BBQ sauce)1c Coleslaw w/ 2 TBSP dressing1/2c LS Ranch BeansWW Roll w/ 1 tsp margarine4oz Bananas in 1/2c Vanilla Pudding  | **WEDNESDAY MARCH 29**3oz Meatloaf4oz Au gratin Potatoes8oz Broccoli/CauliflowerWW Roll w 1 tsp margarine1 Orange | **THURSDAY MARCH 30**3oz Baked Chicken4oz Mushrooms, 1 oz Alfredo Sauce6oz Sweet Potato Wedges4oz Sliced Tomatoes1 biscuit4oz 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 Potatoes6oz Spinach1c Grapes  |

***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 | 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