|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% Milk Served at meals |  |  |  | March 13oz Catfish1 TBSP Tartar Sauce3/4c Mustard Greens3/4c LS Stewed Okra with tomatoesWheat Roll w/ 1 tsp margarine1c Fruit salad |
| March 43oz Salisbury Steak 2oz LS Brown Gravy1c Vegetable Medley1c Brown Rice1c Pears | March 51c Tuna Noodle Casserole(3oz Light tuna, 1/3c Pasta, 1/2c Peas and carrots)1c Tossed salad w/ 2 TBSP FF Ranch Dressing 4 LS WW Crackers1/2c Light nonfat vanilla Yogurt1/2c Mixed Fruit  | March 61c Chicken Divan(3oz Diced Chicken, 1oz Sauce, 1/2c Broccoli, .5oz Cheese)1/2c Roasted AsparagusWW Roll1/2c Vanilla PuddingBanana | March 7Sweet and Sour Pork(4oz Pork, 1oz Sauce, 1 tsp sesame seeds)1/2c Chow mein noodles 1c Stir Fry VegetablesFortune Cookie1c Mandarin Oranges & Pineapple | March 8Fish and Chips(3oz Cod, 1/2c NAS Baked French Fries)2 TBSP Tartar Sauce1/2c LS Three Bean Salad Wheat roll w/ 1 tsp unsalted butter 1/2c Fruit Cocktail |
| March 114oz Meatloaf1/2c Parsley Potatoes1/2c Green BeansWheat roll w/ 1 tsp unsalted butter 1/2c Tropical Frui Salad  | March 12Cleaning Day | March 133oz Fried Chicken Tenders2oz LS Country Gravy1c Tossed Green Salad w/ Tomatoes2 TBSP FF Italian Dressing1c Zucchini w/ NAS diced Tomatoes1/2c Sweet PotatoesWW Roll w/ 1 tsp unsalted butter 1/2c SF Gelatin  | March 14Green Chile Cheeseburger(1 bun, 1oz GC, 3oz Patty, .5oz Cheese, 1`/2c Lettuce, 2 sliced tomato, 1 slice onion)1/2c beets1/2c Carrot raisin salad1/2c Apricots  | March 15Vegetarian Colcannon Soup(3/4c leeks, potatoes, cabbage, and kale)1c Tossed salad w/ 2TBSP FF ranch Dressing w/ 1/2c Garbanzo beansSoda Bread w/ 1 tsp margarine 1/2c Light Vanilla yogurt w/ 1/2c Berries  |
| March 183oz Lean Corned Beef 1/2c Cabbage1/2c Red PotatoesWheat roll 1/2c LF Chocolate Mint Mousse | March 19India DayChicken Tikka Masala(3oz Chicken, 1/2c LS Sauce)3/4c Basmati Rice1/2c Roasted Cauliflower1/2c Cucumber and tomato salad 1c Fruit Salad  | March 20Fish Tacos(3oz Fish, 1/2c Cilantro Lime Slaw, 2 corn tortilla, 2 TBSP Pico Del Gallo)1c Capri Vegetables1/2c black beans and corn1/2c Mango | March 21Frito Pie(1oz Corn Chips, 2oz RC, 3oz ground beef)1/2c LS Pinto Beans1c Broccoli Normandy1/2c Peaches | March 22Spinach Lasagna(1oz cheese, 1/2c Pasta, 1/3c Spinach)1c Chateau Blend VegetablesWheat roll 1c light vanilla nonfat Yogurt 1/2c Cantaloupe |
| March 25Chicken Alfredo (3oz Diced Chicken, 2oz Light Alfredo sauce)1/2c Angel Hair Pasta1c Italian VegetablesGarlic Bread1c Strawberries and bananas | March 26Beef Burrito(3oz Beef, 2oz RC, 1/2c pinto beans, .5oz Cheese, 1 8 in Flour Tortilla)2 TBSP Pico de Gallo1/2c Calabacitas1/2c LS Spanish Rice1/2c Plums  | March 271c LS LF Pureed Broccoli Soup, 1 oz Cheese 1c Tossed Salad w/ 2 TBSP FF ranch Dressing w/ 1/4c Garbanzo Beans1 slice LF LS CornbreadFresh pear1/2c Light Nonfat vanilla Yogurt  | March 28Chicken Chef Salad w/Bacon, (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 1/4c cucumber, 1/4c red onion, 1/4c red cabbage,. 2 TBSP FF Ranch Dressing) 6 WW LS Crackers1c Fruit salad  | March 293oz LS Herbed Baked Pangasius (Catfish) Fish1/2c Roasted Root Vegetables (yams, potatoes, beets, carrots, parsnips, onion, thyme, rosemary, cumin, black pepper, olive oil)1/2c Broccoli Spear1/2c LS LF Polenta (quick cooking grits made with water)1/2c Applesauce |

***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:****1** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 702.3 | 791.4 | 739.5 | 710.5 | 752.7 |
| % Carbohydrates from Calories | 45-55% | 47.9 | 53.1 | 53.4 | 50.0 | 526 |
| % Protein from Calories | 15-25% | 18.1 | 19.5 | 17.7 | 23.4 | 21.2 |
| % Fat from Calories | 25-35% | 34.1 | 27.4 | 28.9 | 26.6 | 26.3 |
| Saturated Fat | less than 8g | 6.5 | 7.7 | 7.7 | 7.4 | 26.3 |
| Fiber | 10g or more | 11.7 | 10.0 | 13.1 | 10.3 | 11.8 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.0 | 2.3 | 2.2 | 1.9 |
| Vitamin A | 300ug RAE or more | 872.7 | 396.9 | 672.1 | 302.9 | 475.8 |
| Vitamin C | 30mg or more | 60.8 | 58.8 | 60.7 | 54.5 | 62.4 |
| Iron | 2.6mg or more | 4.5 | 4.5 | 5.7 | 5.6 | 4.5 |
| Calcium | 400mg or more | 612.2 | 479.3 | 558.1 | 592.2 | 564.5 |
| Sodium | less than 766mg | 679.0 | 766.0 | 741.3 | 659.9 | 739.1 |

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 approved February 5, 2024