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| --- | --- | --- | --- | --- |
| **MONDAY, MARCH 4**1cTamale Casserole(1oz Crust, 3oz beef, 1/4c corn, 1/4c black beans, 1/4c tomatoes)1/2c Cauliflower 1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c Mixed fruit  | **TUESDAY, MARCH 5**4oz Beef Stroganoff(3 oz. Beef, 1 oz. Sauce, 1/2c Noodles)1/2c Beets1c Tossed Salad w/ 2 TBSP FF Italian Dressing Wheat Roll w/ 1 tsp unsalted butter 1/2c Baked Apple | **WEDNESDAY, MARCH 6**BBQ Chicken Sandwich(3 oz. Chicken, 1 oz. BBQ Sauce, 1 WW Bun)1/2c corn1c Coleslaw w/ 2 TBSP Dressing1c Fruit Salad | **THURSDAY, MARCH 7**Pasta Primavera(1c Zucchini, carrots, red bell pepper, onion, tomatoes), .5oz Cheese, 1/c Pasta)1/2c Tossed Salad w/ 1 TBSP FF Ranch Dressing w/ 1/4c garbanzo beansWheat roll w/ 1 tsp unsalted butter1c Light Yogurt Vanilla nonfat 1/2c strawberries  | **FRIDAY, MARCH 8****CLOSED****8 oz. 2% milk served with meals as available** |
| **MONDAY, MARCH 11**Bean & Cheese Burrito(3/4c Beans, .5oz Cheese) 1oz GC, 1 8-in Tortilla)1/2c LS Spanish Rice1c capri Vegetables w/ 1 tsp margarineOrange | **TUESDAY, MARCH 12**Chicken & Dumplings(3 oz. Chicken, 1 oz. Sauce, 1/2c Dumplings)1c California blend1c Tossed Salad w/ 2 TBSP FF Ranch Dressing4 LS WW Crackers1/2c Fruit Cocktail | **WEDNESDAY, MARCH 13**1c Jambalaya(1/2c Rice, 1oz each of chicken, shrimp, and sausage, 1/2c onion, celery ,peppers, NAS Diced tomatoes)1/2c LS Stewed okra with tomatoes and onions4 LS WW Crackers 1/2c Spiced Peaches  | **THURSDAY, MARCH 14**Corned Beef & Cabbage(2oz Lean corned beef, 1/2c cabbage)1/2c Potatoes1/4c Carrots/ onions1 slice Rye Bread w/ 1 tsp unsalted butter 1/2c Lime Sherbert1/2c Light nonfat Vanilla Yogurt  | **FRIDAY, MARCH 15****CLOSED** |
| **MONDAY, MARCH 18**Tuna Noodle Casserole(3oz Tuna, 1/2c Peas and Carrots, 1/3c Noodles)1/2c Green beans1/2c Tossed Salad w/ 1 TBSP FF Italian DressingWheat Roll3/4c apricots  | **TUESDAY, MARCH 19**Sloppy Joes(3 oz. Beef, 1 oz. Sauce, 1 Bun)1/2c Potato Wedges1/2c Broccoli1/2c Applesauce | **WEDNESDAY, MARCH 20**3oz Lean and LS Pork Roast1/2c Roasted Brussel Sprouts1/2c LS Brown Rice Pilaf1c Tossed Salad w/ 2 TBSP FF Italian DressingWheat roll1/2c Plums | **THURSDAY, MARCH 21**Chicken w/ LS mushroom gravy(3oz LS Chicken, 1/2c Mushrooms, 2oz LS Gravy)1/2c Herbed Roasted Potatoes1/2c Tossed salad w/ 1 TBSP FF Ranch DressingWheat roll w/ 1 tsp unsalted butter Banana | **FRIDAY, MARCH 22****CLOSED** |
| **MONDAY, MARCH 25**Chili Relleno w/Green Chili Sauce(1 Chile, 1oz Cheese, 1oz Crust, 1oz Green Chile Sauce)1/2c LS Pinto Beans**1/3c LS Spanish Rice** 1c Tossed Salad w/ 2 TBSP FF Italian Dressing1 Fresh Pear  | **TUESDAY, MARCH 26**3oz LS Herbed Cod1/2c Parsley Potatoes1/2c Vegetable medley Wheat Roll 1c Tossed Salad w/ 2 TBSP FF Italian Dressing1c Pineapple Chunks | **WEDNESDAY, MARCH 27**Chicken Pot Pie(1oz Crust, 3oz Chicken, 1/4c mixed veggies, 1 oz sauce)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c Diced Peaches 3/4c Berries w/ 1/2c SF Gelatin w/ 2 TBSP FF Whipped Topping | **THURSDAY, MARCH 28**3/4c Beef Enchiladas(3oz Beef, 1 oz Cheese, 1 oz red chili sauce, 2 corn tortillas, 1/2c Lettuce and tomato, 1/4c onion)1/2c Brown rice1c Zucchini w/ NAS diced tomatoes 1c Grapes | **FRIDAY, MARCH 29****CLOSED** |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****n/a** |
| Calories | 700 or more | 710.2 | 705.4 | 701.0 | 702.8 |  |
| % Carbohydrates from Calories | 45-55% | 53.2 | 54.7 | 51.0 | 54.7 |  |
| % Protein from Calories | 15-25% | 20.3 | 19.9 | 23.8 | 20.3 |  |
| % Fat from Calories | 25-35% | 26.5 | 25.4 | 25.2 | 25.0 |  |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 11.0 | 12.2 | 10.8 | 13.4 |  |
| Vitamin B-12 | .8ug or more | 2.3 | 1.7 | 2.4 | 2.1 |  |
| Vitamin A | 300ug RAE or more | 551.4 | 396.0 | 537.8 | 611.9 |  |
| Vitamin C | 30mg or more | 66.9 | 53.0 | 60.0 | 67.9 |  |
| Iron | 2.6mg or more | 4.8 | 4.2 | 5.5 | 4.4 |  |
| Calcium | 400mg or more | 475.6 | 534.1 | 444.9 | 509.6 |  |
| Sodium | less than 766mg | 764.8 | 762.5 | 766.0 | 744.4 |  |

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 on February 5, 2024