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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 Dressing  1/2c Mixed fruit | **TUESDAY, MARCH 5**  4oz Beef Stroganoff  (3 oz. Beef, 1 oz. Sauce,  1/2c Noodles)  1/2c Beets  1c 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 corn  1c Coleslaw w/ 2 TBSP Dressing  1c 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 beans  Wheat roll w/ 1 tsp unsalted butter  1c 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 Rice  1c capri Vegetables w/ 1 tsp margarine  Orange | **TUESDAY, MARCH 12**  Chicken & Dumplings  (3 oz. Chicken, 1 oz. Sauce,  1/2c Dumplings)  1c California blend  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  4 LS WW Crackers  1/2c 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 onions  4 LS WW Crackers  1/2c Spiced Peaches | **THURSDAY, MARCH 14**  Corned Beef & Cabbage  (2oz Lean corned beef, 1/2c cabbage)  1/2c Potatoes  1/4c Carrots/ onions  1 slice Rye Bread w/ 1 tsp unsalted butter  1/2c Lime Sherbert  1/2c 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 beans  1/2c Tossed Salad w/ 1 TBSP FF Italian Dressing  Wheat Roll  3/4c apricots | **TUESDAY, MARCH 19**  Sloppy Joes  (3 oz. Beef, 1 oz. Sauce, 1 Bun)  1/2c Potato Wedges  1/2c Broccoli  1/2c Applesauce | **WEDNESDAY, MARCH 20**  3oz Lean and LS Pork Roast  1/2c Roasted Brussel Sprouts  1/2c LS Brown Rice Pilaf  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat roll  1/2c Plums | **THURSDAY, MARCH 21**  Chicken w/ LS mushroom gravy  (3oz LS Chicken, 1/2c Mushrooms, 2oz LS Gravy)  1/2c Herbed Roasted Potatoes  1/2c Tossed salad w/ 1 TBSP FF Ranch Dressing  Wheat 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 Dressing  1 Fresh Pear | **TUESDAY, MARCH 26**  3oz LS Herbed Cod  1/2c Parsley Potatoes  1/2c Vegetable medley  Wheat Roll  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1c 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 Dressing  1/2c 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 rice  1c 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