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| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise indicated  |  | **WEDNESDAY MARCH 1**3oz Fried Chicken1/2c Coleslaw w/1 TBSP Dressing1c Green Beans1/2c Sweet PotatoesWW RollApple | **THURSDAY MARCH 2**3oz Salisbury Steak w/ 2oz LS Gravy w/ 1/4c Mushrooms4oz creamed Potatoes4oz Mustard GreensWW roll1/2c Blueberries in Crisp | **FRIDAY MARCH 3**Pork Stir Fry (3oz Pork, 1c Vegetables, 1oz Sauce)3/4c Brown Rice 1c Mandarin Oranges1/2c SF Gelatin |
| **MONDAY MARCH 6** 6oz Red Chile Beef Enchiladas(2oz Red chile, 3oz Beef, 2 corn tortillas, 1oz cheese)1/2c LS Pinto Beans1c Tossed Salad w/ 2 TBSP Light dressing6 LS WW crackers | **TUESDAY MARCH 7**Chile Cheese Dog(1bun, .5oz Cheese, ½ Beef and Pork Franck, 2oz Beef, 1oz Red chile)1/2c Potato Salad1/2c LS Baked Beans1/2c Pears  | **WEDNESDAY MARCH 8** 3oz Fried Fish1 TBSP Tartar Sauce1/2c Spinach1/2c CabbageWW Roll 1 slice Angel Food Cake2 TBSP Cherry Topping, 1 TBSP Whipped Topping | **THURSDAY MARCH 9**8oz LS Cream of (3oz) Chicken Soup1/2c Wild Rice 1c tossed Salad w/ 2TBSP Light dressing Breadstick1/2c Spiced Apples | **FRIDAY MARCH 10**3oz Roast Beef 1/2c Buttered New Potatoes 1oz LS Gravy1/2c Broccoli SpearsWW roll1/2c Tropical Fruit Salad |
| **MONDAY MARCH 13** Chili Cheeseburger(1oz RC, 3oz Patty, .5oz Cheese, 1 bun, 1/2c Lettuce, 2 slices tomato, 2 sliced pickles, 1 sl. Onion)1/2c Potato wedges1/2c Cucumber Salad Orange  | **TUESDAY MARCH 14**Chicken Tacos(3oz Chicken, 2 corn tortillas, 1/2c Lettuce, 1/2c tomatoes)1c Calabacitas 1/2c LS Pinto Beans2oz Bread Pudding | **WEDNESDAY MARCH 15**8oz Green Chile Pork Stew(3oz Pork, 1oz GC, 1/2c potatoes, tomatoes, onions)1/2c Mexicorn1c Tossed salad w/ 2 TBSP Light Dressing1 6in Flour Tortilla1/2c Diced Mango  | **THURSDAY MARCH 16** 8 oz Ham and Beans(1oz LS Ham, 1/2c LS Pinto Beans)1/2c Red Peppers and 1/2c Broccoli WW Roll ½ sl.Pumpkin Bread | **FRIDAY MARCH 17**4oz Meatloaf3/4c Roasted Brussel Sprouts1/2c Au gratin Potatoes1/2c Tossed Salad w/ 1 TBSP Light DressingWW Roll1/2c Peaches  |
| **MONDAY MARCH 20** Spaghetti w/ Meat Sauce(1/2c Spaghetti, w/ 3oz beef, 2oz NAS Marinara Sauce)1c Italian Vegetables1 Garlic Bread1/2c Mixed Fruit 1 Oatmeal Cookies  | **TUESDAY MARCH 21**3oz Chicken Fried Steak1oz LS pepper Gravy1/2c diced potatoes w/ 1/4c onions1/2c Mustard Greens1/2c Tossed Salad w/ 1 TBSP light DressingWW roll1c Strawberries/Bananas | **WEDNESDAY MARCH 22**6oz chicken Pot Pie(3oz Chicken, 1 biscuit , 1/2c Vegetables)1c Tossed w/ 2 TBSP Light Dressing3/4c Fruit salad  | **THURSDAY MARCH 23** Beef Tacos(3oz Beef, .5oz chese, 1/2c Lettuce, 1/2c Tomatoes,2 corn tortillas)1/2c LS Pinto Beans1/2c Kickin Rice1/2c Gelatin w/ 1/2c Apricots  | **FRIDAY MARCH 24**4oz Salmon Patties1/2c Black eyed peas1/2c Spinach1/2 sl. Cornbread1/2c Cherries in Cobbler |
| **MONDAY MARCH 27**3oz Grilled chicken w/ 2oz LS gravy3/4c Sweet Potatoes1c yellow Squash/Tomatoes1c Plums  | **TUESDAY MARCH 28**4oz Crab Cake (3oz Crab)w/ 1 TBSP Tartar Sauce½ c Potato Wedges3/4c Asparagus 1c Coleslaw w/ 2 TBSP DressingWW Roll1c Grapes  | **WEDNESDAY MARCH 29**8oz Beef Stew(3oz Beef, 1/2c Vegetables)1/2c Cabbage1/2c Beets and Onion SaladWW Roll 1/2c Bananas in 1/2c Vanilla Pudding | **THURSDAY MARCH 30**3oz Hamburger Steak with 1oz onions and 2oz gravy1c Brown Rice 1/2c Tossed salad w/ 1 TBSP Light dressing1c California Blend Vegetables 1slice Jalapeno cornbread | **FRIDAY MARCH 31**3oz Chicken Strips w1oz LS Pepper Gravy1/2c Turnip Greens1c Country Blend VegetablesWW roll  |

***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 | 711.2 | 717.4 | 761.7 | 753.2 | 705.0 |
| % Carbohydrates from Calories | 45-55% | 55.2 | 53.7 | 53.1 | 52.3 | 51.8 |
| % Protein from Calories | 15-25% | 18.3 | 20.0 | 20.9 | 21.1 | 20.5 |
| % Fat from Calories | 25-35% | 26.5 | 26.2 | 26.0 | 26.7 | 27.7 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.9 | 8.0 | 6.8 |
| Fiber | 10g or more | 10.3 | 11.3 | 13.4 | 10.9 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.9 | 2.3 | 3.3 | 2.6 |
| Vitamin A | 300ug RAE or more | 595.2 | 663.0 | 392.6 | 516.9 | 570.3 |
| Vitamin C | 30mg or more | 47.9 | 38.6 | 105.1 | 43.9 | 36.2 |
| Iron | 2.6mg or more | 3.6 | 4.9 | 5.1 | 6.0 | 3.7 |
| Calcium | 400mg or more | 478.9 | 516.2 | 534.1 | 540.9 | 461.2 |
| Sodium | less than 766mg | 546.3 | 688.8 | 754.7 | 734.4 | 758.1 |

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