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| --- | --- | --- | --- | --- |
| 2% milk served at meals |  |  |  | **FRIDAY MARCH 1**  1c Pasta Primavera  (1/2c Vegetables, 1/2c pasta, .5 tsp olive oil, .5oz Cheese)  1c Spinach Salad  (1c spinach, 1/4c red onion, 1 TBSP Cranberries, 1/4c garbanzo beans, 1/4c Slivered almonds )  2 TBSP Lite Raspberry Vinaigrette  4 LS WW Crackers  1/2c Light Vanilla Nonfat yogurt |
| **MONDAY MARCH 4**  4oz Beef Stroganoff w/ 1/2c Noodles, 1/2c Mushrooms  1/2c Green Beans  Wheat roll  3/4c Tropical Fruit | **TUESDAY MARCH 5**  2oz LS Ham and 1/2c Scalloped Potatoes  1/2c Roasted Cauliflower  1c Tossed Salad w/ 2 TBSP Light Dressing, 1/4 c LS Garbanzo Beans  Wheat roll  1/2c Apricots | **WEDNESDAY MARCH 6**  3oz Pork Loin Chop w/ 2oz LS Gravy  1/2c Sweet Potatoes  1/2c Broccoli  Wheat Roll  ½ slice White Cake w/ 3/4c Strawberries | **THURSDAY MARCH 7**  Hot Beef Open Sandwich  (3oz Roast Beef, 1 sl. Wheat Bread)  1/2c Mashed Potatoes w/ 2oz LS Gravy  1c Capri Vegetables  1/2c Tapioca Pudding | **FRIDAY MARCH 8**  2-Black bean Green Chile Sour Cream Enchiladas  (3oz GC Sauce, 2 corn Tortillas, 1 oz cheese  1/2c LS Black Beans)  1c Tossed Salad w/ 2 TBSP Light Dressing  6 LS WW crackers  1 Chocolate Chip Cookies  1/2c Diced Mango |
| **MONDAY MARCH 11**  8oz Pork Posole  (3oz Pork, 1/2c Hominy, 1oz RC)  1c Tossed Salad w/ 2 TBSP Light Dressing  6 LS WW Crackers  1/2c SF Orange Gelatin w/ 1/2c Fruit Cocktail | **TUESDAY MARCH 12**  3oz Baked Chicken  1/2c LS Rice Pilaf  1c Winter Blend Vegetables  1/2c Tossed Salad w/ 1TBSP Light Dressing  Wheat Roll | **WEDNESDAY MARCH 13**  Green chili Cheeseburger  (1oz GC, .5oz Cheese, 3oz Patty, 1 bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c Potato Wedges  1c California Blend Vegetables  1/2c Pears | **THURSDAY MARCH 14**  3oz Chicken, 1/4c LS Stuffing, 2oz LS Gravy  1/2c Roasted Brussel Sprouts  1c Mixed Greens w/ 2 TBSP Light Dressing  Wheat Roll  3/4c Mixed Fruit | **FRIDAY MARCH 15**  1/2c Macaroni, 2oz NAS Marinara Sauce, 2oz Mozzarella Cheese)  1c Tossed Salad w/ 1/4c Garbanzo Beans,  Wheat Roll  3/4c Strawberry/Banana Compote |
| **MONDAY MARCH 18**  4oz Hamburger Steak w/ 2oz LS Gravy  1/2c Brown Rice  1c Peas and Carrots  Wheat Roll  3/4c Fruit Salad | **TUESDAY MARCH 19**  3oz Pork Chop w/ 2oz LS Gravy  1/2c Mashed Potatoes  1/2c spinach  Wheat Roll  1/2c Bananas in ½ Vanilla Pudding | **WEDNESDAY MARCH 20**  Chicken Fajitas  (3oz Chicken, 1c Fajitas blend vegetables1 6 in flour Tortilla)  1/2c LS Pinto Beans  6 LS WW Crackers  1 Peanut Buter Cookie | **THURSDAY MARCH 21**  3oz Meatloaf  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Peas and Onions  Wheat Roll  1/2c Orange | **FRIDAY MARCH 22**  5oz Spinach Lasagna  (1/2c Spinach, 2oz Spinach, 1oz Cheese)  1/2c Black Beans  1c Tossed Salad w/ 2 TBSP Light Dressing  1 sl. Garlic Bread  1/2c SF Gelatin w/1/2c Plums |
| **MONDAY MARCH 25**  3oz Country Fried Steak  1/2c LS Mashed Potatoes w/ 2oz LS Country Gravy  1/2c LF LS Broccoli Salad  Wheat roll w/ 1 tsp margarine  1/2c spiced peaches | **TUESDAY MARCH 26**  4oz Orange Chicken  (3oz Chicken, 1 oz Sauce)  1/2c Brown Rice  1c Asian Vegetables  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1 Fresh Pear | **WEDNESDAY MARCH 27**  Chili Dog  (1oz Beef and Pork Frank, 1 bun, 2oz ground beef, 1oz RC)  1/2c Potato Wedges  1c Italian Blend Vegetables  1/2c Berries w/ 2 TBS{ Whipped Topping | **THURSDAY MARCH 28**  BBQ Pork Sandwich  (1 miniature bun, 3oz shredded pork, 1oz BBQ Sauce)  1c Pasta salad (1/2c Pasta, 1/2c Vegetables)  1/2c Cucumber & tomatoes 1/2c mixed fruit | **FRIDAY MARCH 31**  Closed |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 762.8 | 709.2 | 708.3 | 746.0 | 763.2 |
| % Carbohydrates from Calories | 45-55% | 50.4 | 51.9 | 50.0 | 52.4 | 54.4 |
| % Protein from Calories | 15-25% | 16.3 | 20.5 | 23.4 | 22.1 | 19.9 |
| % Fat from Calories | 25-35% | 33.3 | 27.6 | 26.6 | 25.5 | 25.7 |
| Saturated Fat | less than 8g | 6.5 | 8.0 | 7.9 | 7.9 | 7.8 |
| Fiber | 10g or more | 14.3 | 11.5 | 10.2 | 13.0 | 10.4 |
| Vitamin B-12 | .8ug or more | 1.3 | 2.6 | 2.2 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 505.4 | 508.6 | 498.0 | 569.9 | 370.1 |
| Vitamin C | 30mg or more | 64.2 | 69.5 | 56.0 | 64.5 | 52.1 |
| Iron | 2.6mg or more | 6.6 | 4.9 | 4.2 | 5.9 | 4.6 |
| Calcium | 400mg or more | 670.2 | 517.2 | 538.9 | 528.6 | 439.3 |
| Sodium | less than 766mg | 646.9 | 699.2 | 758.9 | 643.9 | 760.6 |

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 7, 2024