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| --- | --- | --- | --- | --- | --- |
| **MONDAY** **1% milk and light Italian dressing used in analysis** | ***TUESDAY***  | **WEDNESDAY Mar 1**Beef Fajitas 4oz beef, .5oz cheese, (1/2c onion, bell pepper, 1 TBSP cilantro, 1/4c tomato, 2 TBSP Salsa)  6in flour tortilla½ c Pinto Beans1c zucchini w/ NAS Diced Tomatoes1c Mandarin Oranges and pineapple tidbits w/ 1 TBSP Whipped topping  |  **THURSDAY Mar 2**3oz Lean Roast Pork Loin1c California blend vegetables1/2c Baked Sweet Potato w/ 1/2c Apple slicesWheat Roll 1/2c grapes | **FRIDAY Mar 3**  |  |
| **MONDAY Mar 6**6 oz Chicken Pot Pie(3oz Chicken, 1oz crust, 1/2c vegetables 1 c mixed green salad (lettuce, tomato, cucumber, carrot, cabbage) w/ 2 TBSP Light Dressing 6 LS WW Crackers ½ c tropical fruit salad  | ***TUESDAY Mar 7*** | **WEDNESDAY Mar 8**Red Chile Beef Enchiladas(3oz Beef, 1oz cheese, 1oz Red Chile, 2 corn tortillas)1/2c Low Sodium Spanish Rice1c Calabacitas 1 slice pineapple upside down cake w/ 1/2c Pineapple  | **THURSDAY Mar 9**Hawaiian Pork (3oz Pork, 2oz pineapple, carrots, peppers, 1 oz Sauce)1/2c Brown Rice1 c mixed green salad w/ 2 TBSP Light Dressing1 biscuit½ c Gelatin w/ 1/2c Banana | **FRIDAY Mar 10**  |  |
|  **MONDAY Mar 13**Chicken Alfredo (3oz chicken, 2oz Light alfredo sauce)1/2c fettuccine 1 c Mixed Green Saladw/ 2 TBSP Light Dressing1 slice garlic toast1c Strawberries  | ***TUESDAY Mar 14*** | **WEDNESDAY Mar 15**3oz LS Baked white fish w 1 TBSP Tartar Sauce1c broccoli and cauliflower10 NAS French friesYogurt Parfait(3/4c Granola, 1/2c Peaches, 1/2c Nonfat Greek vanilla Yogurt) |  **THURSDAY Mar 16**3 oz Corned beef1/2c Roasted potatoes1/2c cabbage and carrots  1 wheat roll½ c apple sauce 1/2c lime sherbet | **FRIDAY Mar 17**  |  |
| **MONDAY Mar 20**Cheeseburger (3oz ground beef, 1/2c lettuce 2 slices tomato slice, 2 slices dill pickle, 1 onion slice, .5oz American cheese, 1 bun3/4c Reduced Sodium Stewed Tomatoes1/3c sweet potato fries1/2c Pears1 chocolate chip cookie | ***TUESDAY Mar 21*** |  **WEDNESDAY Mar 22**Chicken salad (3oz chicken, 1oz walnuts, celery, hard-boiled eggs, mayo)1 petite croissant8 baby carrots1/2c Celery sticks1/2c Corn and red peppers 1oz Sun Chips1/2c mixed fruit  | **THURSDAY Mar 23**Baked meatball sub sandwich (3 oz baked meatball, 1oz Marinara sauce, 1 hot dog bun, )1/2c lettuce and tomato1/2c Peppers and onions,1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1/2c LS Baked BeansOrange  | **FRIDAY Mar 24** |  |
| **MONDAY Mar 27** 1 c LS LF Broccoli and Potato Soup w/ 1oz Lite sausage1/2c Cabbage½ c Tomato Salad (1/2c tomato, .5oz mozzarella string cheese, basil, olive oil, vinegar, 1/2c LS Garbanzo Beans)4 LS WW Crackers ½ c peaches | ***TUESDAY Mar 28*** | **WEDNESDAY Mar 29**Frito Pie 3oz Ground beef 1oz Corn Chips, 2oz red chile1/2c Lettuce and tomato1/2c Pinto Beans1/2c Peas and Carrots1/2c Apricots | **THURSDAY Mar 30**3oz steak½ c mashed potatoes1oz LS brown gravy½ c green beans1/2c Tossed Salad w/ 1 TBSP Light Dressing4 LS WW crackers Apple | **FRIDAY Mar 31** |  |

***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:****2** | **Days in Week:****3** | **Days in Week:****3** | **Days in Week:****3** | **Days in Week:****3** |
| Calories | 700 or more | 720.9 | 751.8 | 786.5 | 838.5 | 806.1 |
| % Carbohydrates from Calories | 45-55% | 47.6 | 53.2 | 47.7 | 52.5 | 49.9 |
| % Protein from Calories | 15-5% | 27.3 | 15.7 | 22.9 | 20.7 | 21.0 |
| % Fat from Calories | 25-35% | 25.0 | 31.1 | 29.4 | 26.8 | 29.2 |
| Saturated Fat | Less than 8g | 8.0 | 7.5 | 8.0 | 8.0 | 7.9 |
| Fiber | 10 g or more | 12.8 | 10.1 | 10.2 | 15.4 | 17.9 |
| Vitamin B-12 | .8ug or more | 3.2 | 1.6 | 2.8 | 2.5 | 4.1 |
| Vitamin A | 300ug or more | 707.7 | 902.4 | 423.7 | 716.5 | 598.8 |
| Vitamin C | 30mg or more | 81.2 | 43.7 | 64.4 | 96.9 | 45.0 |
| Iron | 2.6mg or more | 4.9 | 3.9 | 4.5 | 5.4 | 7.0 |
| Calcium | 400mg or more | 499.9 | 484.9 | 499.2 | 547.6 | 516.9 |
| Sodium | less than 766mg | 551.4 | 740.2 | 682.4 | 709.8 | 530.7 |

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