|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise indicated |  | **WEDNESDAY MARCH 1**  3oz Fried Chicken  1/2c Coleslaw w/1 TBSP Dressing  1c Green Beans  1/2c Sweet Potatoes  WW Roll  Apple | **THURSDAY MARCH 2**  3oz Salisbury Steak w/ 2oz LS Gravy w/ 1/4c Mushrooms  4oz creamed Potatoes  4oz Mustard Greens  WW roll  1/2c Blueberries in Crisp | **FRIDAY MARCH 3**  Pork Stir Fry  (3oz Pork, 1c Vegetables, 1oz Sauce)  3/4c Brown Rice  1c Mandarin Oranges  1/2c SF Gelatin |
| **MONDAY MARCH 6**  6oz Red Chile Beef Enchiladas  (2oz Red chile, 3oz Beef, 2 corn tortillas, 1oz cheese)  1/2c LS Pinto Beans  1c Tossed Salad w/ 2 TBSP Light dressing  6 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 Salad  1/2c LS Baked Beans  1/2c Pears | **WEDNESDAY MARCH 8**  3oz Fried Fish  1 TBSP Tartar Sauce  1/2c Spinach  1/2c Cabbage  WW Roll  1 slice Angel Food Cake  2 TBSP Cherry Topping, 1 TBSP Whipped Topping | **THURSDAY MARCH 9**  8oz LS Cream of (3oz) Chicken Soup  1/2c Wild Rice  1c tossed Salad w/ 2TBSP Light dressing  Breadstick  1/2c Spiced Apples | **FRIDAY MARCH 10**  3oz Roast Beef  1/2c Buttered New Potatoes  1oz LS Gravy  1/2c Broccoli Spears  WW roll  1/2c 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 wedges  1/2c 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 Beans  2oz Bread Pudding | **WEDNESDAY MARCH 15**  8oz Green Chile Pork Stew  (3oz Pork, 1oz GC, 1/2c potatoes, tomatoes, onions)  1/2c Mexicorn  1c Tossed salad w/ 2 TBSP Light Dressing  1 6in Flour Tortilla  1/2c 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 Meatloaf  3/4c Roasted Brussel Sprouts  1/2c Au gratin Potatoes  1/2c Tossed Salad w/ 1 TBSP Light Dressing  WW Roll  1/2c Peaches |
| **MONDAY MARCH 20**  Spaghetti w/ Meat Sauce  (1/2c Spaghetti, w/ 3oz beef, 2oz NAS Marinara Sauce)  1c Italian Vegetables  1 Garlic Bread  1/2c Mixed Fruit  1 Oatmeal Cookies | **TUESDAY MARCH 21**  3oz Chicken Fried Steak  1oz LS pepper Gravy  1/2c diced potatoes w/ 1/4c onions  1/2c Mustard Greens  1/2c Tossed Salad w/ 1 TBSP light Dressing  WW roll  1c Strawberries/Bananas | **WEDNESDAY MARCH 22**  6oz chicken Pot Pie  (3oz Chicken, 1 biscuit , 1/2c Vegetables)  1c Tossed w/ 2 TBSP Light Dressing  3/4c Fruit salad | **THURSDAY MARCH 23**  Beef Tacos  (3oz Beef, .5oz chese, 1/2c Lettuce, 1/2c Tomatoes,2 corn tortillas)  1/2c LS Pinto Beans  1/2c Kickin Rice  1/2c Gelatin w/ 1/2c Apricots | **FRIDAY MARCH 24**  4oz Salmon Patties  1/2c Black eyed peas  1/2c Spinach  1/2 sl. Cornbread  1/2c Cherries in Cobbler |
| **MONDAY MARCH 27**  3oz Grilled chicken w/ 2oz LS gravy  3/4c Sweet Potatoes  1c yellow Squash/Tomatoes  1c Plums | **TUESDAY MARCH 28**  4oz Crab Cake (3oz Crab)  w/ 1 TBSP Tartar Sauce  ½ c Potato Wedges  3/4c Asparagus  1c Coleslaw w/ 2 TBSP Dressing  WW Roll  1c Grapes | **WEDNESDAY MARCH 29**  8oz Beef Stew  (3oz Beef, 1/2c Vegetables)  1/2c Cabbage  1/2c Beets and Onion Salad  WW Roll  1/2c Bananas in 1/2c Vanilla  Pudding | **THURSDAY MARCH 30**  3oz Hamburger Steak with 1oz onions and 2oz gravy  1c Brown Rice  1/2c Tossed salad w/ 1 TBSP Light dressing  1c California Blend Vegetables  1slice Jalapeno cornbread | **FRIDAY MARCH 31**  3oz Chicken Strips w  1oz LS Pepper Gravy  1/2c Turnip Greens  1c Country Blend Vegetables  WW roll |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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