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| Monday, March 1, 2021  Sloppy Joe  (3 oz. Beef, 1 Bun, 1 oz Sauce)  1/2c Au Gratin Potatoes  1/2c Mixed Vegetables  1 Oatmeal Cookie | Tuesday March 2, 2021  3 oz. BBQ Chicken Thigh  1/2c Baked Beans 1/2c Coleslaw  1 sl. Cornbread  1/2c Bananas in 1/2c Pudding W/ Wafers | Wednesday March 3, 2021  3 oz. Baked Pork Chop  1/2c Sweet Potato  1/2c Mixed Vegetables  1 WW Roll w/ 1 tsp. Margarine  1/2c Apple Cobbler | Thursday March 4, 2021  Soft Beef Taco  (3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce & Tomato, 1 Tortilla)  1/2c Spanish Rice  1/2c Pinto Beans  1/2c Plums | Friday March 5, 2021  Cheese Ravioli  (3oz. Cheese, 1 oz. Pasta,  1 oz. Marinara Sauce)  1/2c Brussel Sprouts  1/2c Buttered Corn  1 Garlic Roll  1/2c Peaches |
| Monday, March 8, 2021  Beef & Noodles  (3 oz. Beef, 1 oz. Sauce,  1/2c Noodles)  1c Salad w/ 2T Low Fat Dressing  1/2c Squash w/Tomatoes & Onions  1 WW Roll w/ 1 tsp. Margarine  1/2c Mixed Fruit | Tuesday March 9, 2021  3 oz. Chicken Breast  1/2c Stuffing  1/2c Green Beans  1c Salad w/ 2T Low Fat Dressing  1/2c SF Chocolate Pudding | Wednesday March 10, 2021  Cheese Burgers  (2 oz. Beef, 1 oz. Cheese, 1 Bun)  1/2c French Fries  1/2c Lettuce/Tomato/Onion  1c Corn  1/2c Pears | Thursday March 11, 2021  4 oz. Sweet And Sour Pork  1/2c Brown Rice  1c Peas & Carrots  1 Sl. WW Bread w/ 1 tsp. Margarine  1 Oatmeal Cookie | Friday March 12, 2021  Grilled Cheese Sandwich  (3 oz. Cheese, 2 sl. Bread)  1c Corn  1c Peas  1/2c Fruit Cocktail |
| Monday, March 15, 2021  3 oz. Country Fried Steak  1/2c Mashed Potatoes  1/2c Broccoli  1 Sl. Bread w/ 1 tsp. Margarine  1/2c Apricots | Tuesday March 16, 2021  3oz Hot Turkey Sandwich W/  1/4c Low Sodium Gravy and  1 Sl. Bread  1/2c Mashed Potatoes  1/2c California Blend Vegetables  1/2c Peaches w/ 1/2c Cottage Cheese | Wednesday March 17, 2021  Stuffed Bell Peppers  (3 oz. Beef, 1/2c Bell Pepper,  1 oz. Sauce, 1/4c Rice)  1/2c Green Beans  1 WW Roll w/ 1 tsp. Margarine  1/2c Peach Cobbler | Thursday March 18, 2021  Chicken Fajita  (3 oz. Chicken, 1/2c Peppers & Onion, 1 Tortilla)  1/2c Spanish Rice  1/2c Squash  1/2c Yogurt w/ Strawberries | Friday March 19, 2021  Tuna Casserole  (3 oz. Tuna, 1 oz. Sauce,  1/2c Noodles)  1/2c Baby Carrots  1c Salad w/ 2T Dressing  1 Roll w/ 1 tsp. Margarine  1c Applesauce |
| Monday, March 22, 2021  Chicken Fettuccine Alfredo  (3 oz. Chicken, 1 oz. Sauce,  1/2c Noodles)  1/2c Italian Blend Vegetables  1/2c Tossed Salad w/  2T Low Fat Dressing  1 Sl. Garlic Bread  1/2c Pineapple Chunks | Tuesday March 23, 2021  Red Beef Enchiladas  (3 oz. Beef, 1 oz. Cheese,  1/4c Red Chile, 2 Corn Tortillas)  1/2c Spanish Rice  1c Calabacitas w/ Corn  1 Sugar Cookie | Wednesday March 24, 2021  Sweet and Sour Pork  (3 oz. Pork, 1 oz. Sauce)  1/2c White Rice  1c Peas & Carrots  1 WW Roll w/ 1 tsp. Margarine  1/2c Mandarin Orange Slices | Thursday March 25, 2021  3 oz. Chicken Tenders  1/2c French Fries  1/2c Mediterranean Blend Vegetables  1 WW Roll w/ 1 tsp. Margarine  1/2c Mandarin Oranges | Friday March 26, 2021  Bean & Cheese Burrito  (1c Beans, 1 oz. Cheese,  1 Tortilla)  1/2c Beets  1/2c Corn  1/2c Mixed Fruit |
| Monday, March 29, 2021  Lasagna  (3 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles)  1/2c Spinach  1/2c Salad & 2T Dressing  1/2c Pears, 1/2c Cottage Cheese  1 Peanut Butter Cookie | Tuesday March 30, 2021  3 oz. Lemon Chicken  1/2c Cauliflower  1/2c Roasted Potatoes  1 Sl. Bread w/ 1 tsp. Margarine  1/2c Apricots | Wednesday March 31, 2021  4 oz. Asado  1/2c Pinto Beans  1c Tossed Salad w/  2T Low Fat Dressing  1 Tortilla  1/2c Pineapple W/ 1/2c Cottage Cheese |  | 8 oz. 1% Low Fat Milk  Served With All Meals |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 758.1 | 760 | 801.8 | 770 | 706.1 |
| % Carbohydrates from Calories | 45-55% | 50.4% | 49.3% | 53.4% | 51.1% | 47% |
| % Protein from Calories | 15-25% | 24.2% | 22.1% | 21.1% | 23.5% | 25.4% |
| % Fat from Calories | 25-35% | 25.4% | 28.6% | 25.4% | 25.5% | 27.6% |
| Saturated Fat | less than 8g | 7.9g | 8g | 6.5g | 7.3g | 5.9g |
| Fiber | 10g or more | 12.6g | 11.3g | 12.2g | 13.4g | 11.8g |
| Vitamin B-12 | .8ug or more | 2.5ug | 2.3ug | 2.7ug | 2ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 470.7ug | 749.1ug | 606.2ug | 532.2ug | 691.2ug |
| Vitamin C | 30mg or more | 32.9mg | 30.4mg | 66.7g | 70.6mg | 70.1mg |
| Iron | 2.6mg or more | 5.5mg | 5.4mg | 5.7mg | 5.4mg | 6.4mg |
| Calcium | 400mg or more | 617.4mg | 622.6mg | 474.9mg | 575.4mg | 489.2mg |
| Sodium | less than 766mg | 638.2mg | 687.8mg | 587.6mg | 580.8mg | 609.5mg |

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.

Jennifer Pas, RD, LD