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| Monday, March 1, 2021Sloppy Joe (3 oz. Beef, 1 Bun, 1 oz Sauce) 1/2c Au Gratin Potatoes 1/2c Mixed Vegetables1 Oatmeal Cookie | Tuesday March 2, 20213 oz. BBQ Chicken Thigh1/2c Baked Beans 1/2c Coleslaw1 sl. Cornbread1/2c Bananas in 1/2c Pudding W/ Wafers  | Wednesday March 3, 20213 oz. Baked Pork Chop1/2c Sweet Potato1/2c Mixed Vegetables1 WW Roll w/ 1 tsp. Margarine1/2c Apple Cobbler | Thursday March 4, 2021Soft Beef Taco(3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce & Tomato, 1 Tortilla)1/2c Spanish Rice1/2c Pinto Beans1/2c Plums | Friday March 5, 2021Cheese Ravioli (3oz. Cheese, 1 oz. Pasta, 1 oz. Marinara Sauce)1/2c Brussel Sprouts1/2c Buttered Corn1 Garlic Roll1/2c Peaches |
| Monday, March 8, 2021Beef & Noodles(3 oz. Beef, 1 oz. Sauce, 1/2c Noodles)1c Salad w/ 2T Low Fat Dressing1/2c Squash w/Tomatoes & Onions1 WW Roll w/ 1 tsp. Margarine 1/2c Mixed Fruit | Tuesday March 9, 20213 oz. Chicken Breast 1/2c Stuffing 1/2c Green Beans 1c Salad w/ 2T Low Fat Dressing1/2c SF Chocolate Pudding | Wednesday March 10, 2021Cheese Burgers(2 oz. Beef, 1 oz. Cheese, 1 Bun)1/2c French Fries1/2c Lettuce/Tomato/Onion1c Corn1/2c Pears  | Thursday March 11, 20214 oz. Sweet And Sour Pork1/2c Brown Rice1c Peas & Carrots1 Sl. WW Bread w/ 1 tsp. Margarine1 Oatmeal Cookie | Friday March 12, 2021Grilled Cheese Sandwich(3 oz. Cheese, 2 sl. Bread)1c Corn1c Peas1/2c Fruit Cocktail  |
| Monday, March 15, 20213 oz. Country Fried Steak1/2c Mashed Potatoes1/2c Broccoli1 Sl. Bread w/ 1 tsp. Margarine1/2c Apricots | Tuesday March 16, 20213oz 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, 2021Stuffed Bell Peppers(3 oz. Beef, 1/2c Bell Pepper, 1 oz. Sauce, 1/4c Rice)1/2c Green Beans1 WW Roll w/ 1 tsp. Margarine1/2c Peach Cobbler | Thursday March 18, 2021Chicken Fajita(3 oz. Chicken, 1/2c Peppers & Onion, 1 Tortilla)1/2c Spanish Rice1/2c Squash1/2c Yogurt w/ Strawberries | Friday March 19, 2021Tuna Casserole (3 oz. Tuna, 1 oz. Sauce,1/2c Noodles)1/2c Baby Carrots 1c Salad w/ 2T Dressing 1 Roll w/ 1 tsp. Margarine1c Applesauce |
| Monday, March 22, 2021Chicken Fettuccine Alfredo(3 oz. Chicken, 1 oz. Sauce, 1/2c Noodles) 1/2c Italian Blend Vegetables 1/2c Tossed Salad w/ 2T Low Fat Dressing1 Sl. Garlic Bread 1/2c Pineapple Chunks | Tuesday March 23, 2021Red Beef Enchiladas(3 oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)1/2c Spanish Rice1c Calabacitas w/ Corn1 Sugar Cookie | Wednesday March 24, 2021Sweet and Sour Pork (3 oz. Pork, 1 oz. Sauce) 1/2c White Rice 1c Peas & Carrots 1 WW Roll w/ 1 tsp. Margarine1/2c Mandarin Orange Slices | Thursday March 25, 20213 oz. Chicken Tenders1/2c French Fries1/2c Mediterranean Blend Vegetables1 WW Roll w/ 1 tsp. Margarine1/2c Mandarin Oranges | Friday March 26, 2021Bean & Cheese Burrito(1c Beans, 1 oz. Cheese, 1 Tortilla)1/2c Beets1/2c Corn1/2c 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, 20213 oz. Lemon Chicken1/2c Cauliflower1/2c Roasted Potatoes1 Sl. Bread w/ 1 tsp. Margarine1/2c Apricots | Wednesday March 31, 20214 oz. Asado1/2c Pinto Beans1c Tossed Salad w/ 2T Low Fat Dressing1 Tortilla1/2c 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