

**Lake & Mendocino County
SENIOR NUTRITION PROGRAM**

site: Redwood Coast Seniors week: 1 year: 2018 month: March

day				Thursday	Friday
date				Mar 1	Mar 2
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein				ham	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)				whole grain bread	whole grain bread, rice
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)				corn, carrots, potatoes	hot vegetables
FRUIT 1 serving (1/2 cup/serving)				oranges, grapes, jello	mixed berries, oranges, pineappl
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute				always 3 ways	always 3 ways

**Everyday salad bar ingredients this week: mix of 3 types of lettuce,
beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.**

Non-Fat, Low-Fat & Buttermilk, Bread & Margarine served with every meal.

Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 2 year: 2018 month: March

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	chicken	beef, cheese	beef	pork
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread	whole grain bread, rice	whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	broccoli, greens, potatoes	stir fried vegetables	corn onions, celery, peppers,carrots	string beans, potatoes	hot vegetables, potatoes
FRUIT 1 serving (1/2 cup/serving)	melon, oranges, olives	oranges, vanilla pudding	apple crisp, oranges, tomato	cake w/pineapple topping	fruit
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

**Everyday salad bar ingredients this week: mix of 3 types of lettuce,
beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.**

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 3 year: 2018 month: March

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef, cheese	turkey	beef, pork	chicken	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	corn tortilla chips	whole grain bread	whole grain bread, pasta	whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables, potatoes	hot vegetables	beans	hot vegetables, potatoes
FRUIT 1 serving (1/2 cup/serving)	oranges, tomatos, olives,	fruit/dessert	white cake	vanilla pudding	fruit/dessert
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 4 year: 2018 month: March

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	chicken	beef	beef, cheese	beef
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread, polenta	whole grain bread	rice, whole grain bread	whole grain bread, noodles
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables, potatoes	hot vegetables	hot vegetables, potatoes	hot vegetables	hot vegetables
FRUIT 1 serving (1/2 cup/serving)	vanilla ice cream	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 5 year: 2018 month: March

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	pork	egg, cheese	turkey	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	rice, tortillas	whole grain bread	whole grain breadPie crust	whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables, potatoes	hot vegetables	hot vegetables, potatoes	hot vegetables, beans
FRUIT 1 serving (1/2 cup/serving)	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

**Everyday salad bar ingredients this week: mix of 3 types of lettuce,
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