

Buckeye Hills Agency for Aging ~ Production Menu - March

Tossed Salads are 3/4 c. lettuce blend with carrots/cabbage and 2 cherry tomatoes or slices/4 grape tomatoes/ 1/4 whole tomato. Choose to serve fruits packed in their own juice/no sugar added. Always use sugar free Jello and puddings.

Use whole grain breads, crackers, pasta, and brown rice, quinia, or couscous.

Use low salt tomato products in combination with regular tomato products to lowers sodium while maintaining taste. Always use low sodium soup and gravy base for all menus. Prefer using frozen veggies over canned due to sodium .

Dietary Guidelines for American 2020-2025 with disease prevention in mind. Eat more Whole Grains; lower sodium, sugar, and saturated fat; Variety of Fruits and Veggies, Vary your lean proteins sources, Limit added sugar and sweets, Limit processed foods, Drink more water, and use low fat dairy products.

	SUNDAY	Serv size	MONDAY	Serv size	TUESDAY	Serv size	WEDNESDAY	Serv size	THURSDAY	Serv size	FRIDAY	Serv size	SATURDAY	Serv size
3 oz meat							Cabbage Roll Soup	1 c	Baked Steak and Gravy	3 oz	Sloppy Joe	1/2 cup	Bologna Sandwich	3oz
Fruit/Veg							Cabbage in Entrée	1/2 c	Mashed Potatoes	1/2 cup	Sweet Potato Fries	1/2 cup	Tomato soup	1 cup
3 total							Mixed Fruit	1/2 c	Peas and Carrots	1/2 cup	Lima Beans	1/2 cup	100% Grape juice	1/2 cup
Grains							LS V8 Juice	1/2 c	Apple Sauce	1/2 cup	Pineapple	1/2 cup	Peaches	1/2 cup
2 total							Cornbread	2 oz	Roll	1 each	Bun	1 each	Bun	1
Milk	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup
Fat							Margarine	1 ea	Margarine	1 ea				
Condiments														
	SUNDAY	Serv size	MONDAY	Serv size	TUESDAY	Serv size	WEDNESDAY	Serv size	THURSDAY	Serv size	FRIDAY	Serv size	SATURDAY	Serv size
3 oz meat	Mushroom Swiss Burger	3 oz	Baked 3 Cheese Ziti	1 cup	Bacon Ranch Chicken	3 oz	Swiss Baked Steak	3 oz	BBQ Ribette	3 oz	Big Mac Salad (Beef and Cheddar)	3 oz	Beef and Bean Chili	1 c
Fruit/Veg	Ranch Potatoes	1/2 c	Lima Beans	1/2 c	Mashed Potatoes	1/2 c	Hashbrown Casserole	1/2 c	Sweet Potato Fries	1/2 c	Lettuce, Tomato, Onion, Pickle	1 c	Cheesy Tater Tots	1/2 c
3 total	Steamed Broccoli	1/2 c	Warm Blueberry Crisp	1/2 c	Broccoli	1/2 c	Mixed Veggies	1/2 c	Green Beans	1/2 c	Fresh Orange	1 ea	Tomatoes and Juice in chili	
Grains	Cole Slaw	1/2 c	Strawberries	1/2 c	100% Grape Juice	1/2 c	Apricots	1/2 c	Cole Slaw	1/2 c	V8 juice	1/2 c	Mixed Fruit	1/2 c
2 total	Bun	1 lg	Garlic Bread	1 ea	Cake	1 ea	Dinner roll	2oz	Bun	1 lg	Salad Crackers	2 pks	Bread	1 ea
Milk	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup
Fat			Margarine	1 ea			Margarine	1 ea						
Condiments	BBQ Sauce				Ketchup, Mustard	1 ea			BBQ Sauce		Thousand Island	1 ea		
	SUNDAY	Serv size	MONDAY	Serv size	TUESDAY	Serv size	WEDNESDAY	Serv size	THURSDAY	Serv size	FRIDAY	Serv size	SATURDAY	Serv size
3 oz meat	Egg patty / Turkey Sausage links	1 patty 2 links	Chicken Legs	2 each	Beef Stew	1 cup	Baked Macaroni Cheese	1 c	Turkey Cheddar Melt	3 oz	Loaded potato Soup	1 cup	Sauage Gravy w Biscuit	3/4 c
Fruit/Veg	Home Fries	1/2 cup	Baked sweet potato	1	Vegetables in entrée	1/2 c	Stewed Tomatoes	1/2 c	Peas and Carrots	1/2 c	Egg Salad	1/2 c	Hashbrown	1
3 total	Peaches	1/2 cup	Peas	1/2 c	Sliced Apples	1/2 c	Siced Carrots	1/2 c	Tater Tots	1/2 c	Fresh Orange	1/2 c	Apple Sauce	1/2 cup
Grains	100% orange juice	1/2 c	100% Grape Juice	1/2 c	Steamed Broccoli	1/2 c	Tropical Fruit	1/2 c	Strawberry applesauce	1/2 c	V8 juice	1/2 c	V8 Juice	1/2 cup
2 total	Cinnamon Roll	1 each	Cake	2 oz	Cinnamon Roll	1 ea	noodles in entrée		Bun	1 lg	Bun	1 ea	Buiscut	1
Milk	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup
Fat			Margarine	1 ea			Margarine	1 ea						
Condiments	Ketchup								Ketchup, Mustard	1 ea				
	SUNDAY	Serv size	MONDAY	Serv size	TUESDAY	Serv size	WEDNESDAY	Serv size	THURSDAY	Serv size	FRIDAY	Serv size	SATURDAY	Serv size
3 oz meat	Hamburger	3 oz	Pork Chop / gravy	3 oz	Pizza	1 pc	Country Fried Steak and Gravy	3 oz	HoneY Mustard Chicken	3 oz	Italian Sub	4 oz	Chicken Tenders	4 oz
Fruit/Veg	Baked Berans	1/2 c	Potato Wedges	1/2 c	Corn	1/2 c	Scalloped Potatoes	1/2 c	Lima Beans	1/2 c	Lettuce, Tomato, Onion	1/2 c	Potato Wedges	1/2 cup
3 total	Capri Blend	1/2 c	Itatian Blend	1/2 c	100% Apple Juice	1/2 c	Capri Blend	1 ea	Baked Sweet Potato	1/2 c	Peaches	1/2 c	Carrots	1/2 cup
Grains	Orange	1 each	Pears	1/2 c	Apricots	1/2 c	Tropical Fruit	1/2 c	Pineapple	1/2 c	Tossed Salad	1/2 c	Pineapple	1/2 cup
2 total	Bun	1 each	Corn Bread	2 oz	Crust in pizza	1 ea	Bread	1 slice	Roll	1 Each	Sub Bun	1 ea	Cookie	1 each
Milk	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup
Fat			Margarine	1 ea			Margarine	1 ea	Margarine	1 ea				
Condiments	Ketchup, Mustard	1 ea			Mayo, Mustard	1 ea					Italian Dressing	1 ea		
	SUNDAY	Serv size	MONDAY	Serv size	TUESDAY	Serv size	WEDNESDAY	Serv size	THURSDAY	Serv size	FRIDAY	Serv size	SATURDAY	Serv size
3 oz meat	Sausage links	3 each	Chicken Patty	3 oz	Chicken Fajita	3 oz	Spaghetti and Meatballs w/Mozzarella	1 cup	Sausage, Egg and Cheese	3 oz	Ham Salad	1/2 c		
Fruit/Veg	Hash Brown Patty	1 each	Scalloped Potatoes	1/2 c	Mexican Rice	1/2 c	Italian Blend	1/2 c	Hashbrown Patty	1 ea	Broccoli Cheddar Soup	1 c		
3 total	Apple sauce	1/2 cup	California Blend	1 ea	Steamed Broccoli	1/2 c	Sliced Apples	1/2 cup	Apple Juice	1/2 c	Peaches	1/2 c		
Grains	100% Orange Juice	1/2 cup	Fresh Grapes	1/2 c	100% Apple Juice	1/2 c	100% Fruit Punch	1/2 c	Mixed Fruit	1/2 c	100% Apple Juice	1/2 c		
2 total	Waffles	2 each	Pasta Salad	1/2 c	Tortilla shell	1 ea	Pasta in Entrée	1/2 c	Biscuit	1 lg	Bun	1 ea		
Milk	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup	2% or Skim Milk or Yogurt	1 cup
Fat							Margarine	1 ea			Margarine	1 ea		
Condiments					Sour cream, Salsa									

Vit A 2 -3 times a week and Menu pattern = meeting DRIs.

Approved by:

Rhonda Davidson RD, L.D

Date:

2/13/23