

Buckeye Hills Agency for Aging ~ Production Menu - March 2025

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, quinoa, or couscous.

Use low salt tomato products in combination with regular tomato products to lower 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 30		Serv size	MONDAY 31		Serv size	TUESDAY		Serv size	WEDNESDAY		Serv size	THURSDAY		Serv size	FRIDAY		Serv size	SATURDAY 1		Serv size
3 oz meat	Ritz Cracker Chicken	3 oz	Stuffed Green Pepper (Beef, Cheese, Onions)	1 cup														Chicken Tenders	3 oz	
Fruit/Veg	Baked Potato	1 ea	Green Pepper in Entrée															French Fries	4 oz	
	3 total	Steamed Carrots	4 oz	Green Beans	4 oz													Corn	4 oz	
	Pears	4 oz	Apricots	4 oz														Applesauce	4 oz	
Grains	Garlic Bread	1 sl	Rice	2 oz																
2 total			SF Cookie	1 ea														Graham Crackers	1 pk	
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	
Fat	Margarine	1 ea																		
Condiments																		BBQ Sauce	1 ea	
SUNDAY 2		Serv size	MONDAY 3		Serv size	TUESDAY 4		Serv size	WEDNESDAY 5		Serv size	THURSDAY 6		Serv size	FRIDAY 7		Serv size	SATURDAY 8		Serv size
3 oz meat	BBQ Ribette	3 oz	Chicken A la King	4 oz	Beef and Bean Chili	8 oz	LF Cottage Cheese	4 oz	Joe's Special (eggs, spinach, ground beef)	4 oz	Vegetarian Pot Pie	3 oz	Pizza Burger	3 oz						
Fruit/Veg	Potato Wedges	4 oz	Peas and Red Peppers	4 oz	Tomato Sauce in entrée		1/2 of veggies in stir fry		Spinach in entrée		Cheddar Cheese Cubes	3 oz	Green Beans (lo carb)	4 oz						
	3 total	Green Beans	4 oz	Steamed Broccoli	4 oz	Corn	4 oz	Veggie Stir Fry	8 oz	Steamed Carrots	4 oz	Veg. Pot Pie (White Beans, Peas, Carrots, Potato)	1 cup	Sliced Carrots	4 oz					
	Sliced Apples	4 oz	Pineapple	4 oz	Tropical Fruit	4 oz	Peaches	4 oz	100% Orange Juice	1 ea	Steamed Broccoli	4 oz	Mandarin Oranges	4 oz						
Grains	Bun	1 ea	Bread	1 ea	Bread	1 ea	Brown Rice	4 oz	Whole Wheat Bread	1 ea	Pears	4 oz	Bun	1 each						
2 total			Wild Rice	4 oz			Fortune Cookie	1 ea	Brown Rice	4 oz										
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	Mayo		Margarine	1 pk	Margarine	1 pk	LS Soy Sauce on Side	1 pk	ketchup	1 pk	2% or Skim Milk or Yogurt	1 cup								
Condiments	ketchup/mustard	1 each									Margarine	1 pk								
SUNDAY 9		Serv size	MONDAY 10		Serv size	TUESDAY 11		Serv size	WEDNESDAY 12		Serv size	THURSDAY 13		Serv size	FRIDAY 14		Serv size	SATURDAY 15		Serv size
3 oz meat	Chicken Parmesan w/Mozz.	3 oz	Scrambled Egg Skillet w Veggies and Turkey Sausage	8 oz	Turkey Tetrazzini	8 oz	Cowboy Stew	8 oz	Hearty Soup Beans with Ham (potatoes/carrots)	8 oz	Cheese Cubes	3 oz	Italian Chicken Breast	4 oz						
Fruit/Veg	Blueberry Crisp	4 oz	Pepper, onions	4 oz	Peas on the side	4 oz	Veggies in Entrée	4 oz	Veggies in Entrée		Harvest Bowl (SP, Pep, Onion)	4 oz	Baked Sweet Potato	4 oz						
	3 total	Steamed Broccoli	4 oz	Hashbrown	4 oz	Steamed Broccoli	4 oz	Mixed Fruit	4 oz	Cole Slaw	4 oz	Brussel Sprout	4 oz	Capri Blend	4 oz					
	Stewed Tomatoes	4 oz	Warm Cinnamon Apples	4 oz	Pineapple	4 oz	LS V8 Juice	1/2 cup	Peaches	4 oz	Sliced Apples	4 oz	Chickpea Salad	4 oz						
Grains	Pasta in Entrée	4 oz	Biscuit	1 ea	Bread	4 oz	Bicuit	1 ea	Corn Bread	1 ea	Bread	1 ea	Bread	1 each						
2 total	Muffin	1 oz			Wheat Noodles in Entrée				Crackers	2 pks	Brown Rice	4 oz	SF Cookie	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 pk	Margarine	1 ea			Margarine	1 ea	BBQ Sauce	1 each						
Condiments			Ketchup	1 each																
SUNDAY 16		Serv size	MONDAY 17		Serv size	TUESDAY 18		Serv size	WEDNESDAY 19		Serv size	THURSDAY 20		Serv size	FRIDAY 21		Serv size	SATURDAY 22		Serv size
3 oz meat	Chicken Breast Sandwich	1 each	LS Corned Beef and Cabbage	8 oz	Deli Turkey Sandwich	4 oz	Chicken and Dressing	8 oz	Baked Ham under Noodles	3 oz	Shredded Mozzarella	3 oz	All Beef Hotdog	3 oz						
Fruit/Veg	Cheesy Tots	4 oz	Mashed Potatoes	4 oz	Cheesy Potato Soup	8 oz	Steamed Carrots	4 oz	Sweet Potato	4 oz	Mushroom Stroganoff	4 oz	Seasoned Fries	4 oz						
	3 total	California Blend	4 oz	Steamed Carrots	4 oz	Lett/Tom/Onion	4 oz	Capri Blend	4 oz	100% Grape Juice	4 oz	Steamed Broccoli	4 oz	Brussel Sprouts	4 oz					
	Fresh Orange	1 ea	Cabbage in Entrée		Peaches	4 oz	Pineapple	4 oz	Applesauce	4 oz	Fresh Orange	1 ea	Peaches	4 oz						
Grains	Bun	1 each	Garlic Biscuit	1 ea	Bun	1 ea	Stuffing in Entrée		Noodles	4 oz	SF Pudding	1 ea	Hot Dog Bun	1						
2 total			Apple Crumble	4 oz	Crackers	1 ea	Bread	1 ea	Animal Crackers	1 oz	Wheat Noodles	4 oz								
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/mustard	1 each																		
SUNDAY 23		Serv size	MONDAY 24		Serv size	TUESDAY 25		Serv size	WEDNESDAY 26		Serv size	THURSDAY 27		Serv size	FRIDAY 28		Serv size	SATURDAY 29		Serv size
3 oz meat	Chicken Teriyaki	8 oz	Sheet Pan Kielbasa	3 oz	Salisbury Steak	3 oz	Breaded Pork Chop	4 oz	Sausage Gravy	6 oz	Black Bean and Sweet Pot Chili	8 oz	Sloppy Joe	4 oz						
Fruit/Veg	Broccoli and Carrots	4 oz	Sweet Potatoes	4 oz	Red Potatoes	4 oz	Baked Sweet Potato	4 oz	Hashbrown Patty	4 oz	Sweet Potato in Entrée		Stewed Tomatoes	4 oz						
	3 total	Peppers and Onions in entrée	4 oz	Broccoli/Onions/Peppers	4 oz	Italian Blend	4 oz	Warm Buttered Beets	4 oz	Warm Cinnamon Apples	4 oz	Green Beans (lo carb)	4 oz	California Blend	4 oz					
	Oriental Salad	4 oz	Pineapple	4 oz	Pears	4 oz	Coleslaw	1 ea	LS V8 Juice	4 oz	Mixed Fruit Cup (apples, peaches)	4 oz	Mixed Fruit	4 oz						
Grains	Lo Mein	4 oz	Tortilla	1 -6in	Garlic Biscuit	1 each	Bread	1 ea	Biscuit	4 oz	Bread	1 ea	Bun	1 ea						
2 total	Fortune Cookie	1	Cookie	1 ea			no pasta salad too many carbs		no muffin to many carbs											
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					gravy	2 oz			ketchup	1 ea	Margarine	1 ea								
Condiments	LS Soy Sauce on Side	1 each																		

Approved by: Rhonda Davidson RD, L.O Date: 1/14/2025