

**GRADD SENIOR NUTRITION PROGRAM
MARCH 2020**

1% MILK SHOULD BE SERVED
AT EACH MEAL

WHOLE WHEAT PRODUCTS
SHOULD BE (2 SLICES, 2 OZ.)
UNLESS OTHERWISE NOTED

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	SALISBURY STEAK NORTHERN BEANS BRUSSELS SPROUTS DINNER ROLL MARGARINE FRUIT CRISP	3	SLOPPY JOE WHEAT BUN PARSLEY POTATOES CARROTS FRESH APPLE	4	SLICED TURKEY WHEAT BUN VEGETABLE SOUP (8 OZ) RAISINS SALTINES MUSTARD	5	BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES WHITE BREAD PUDDING PICKLES	6	TUNA NOODLE CASSEROLE (6 OZ) GREEN PEAS WHEAT BREAD TROPICAL FRUIT MARGARINE
9	POLISH SAUSAGE BLACK EYED PEAS CABBAGE WHEAT BUN PINEAPPLE MUSTARD	10	HAM (2 OZ) WHEAT BREAD POTATO SOUP (8 OZ) MIXED FRUIT MAYO SALTINE	11	HAMBURGER CHEESE SLICE WHEAT BUN BAKED BEANS COLESLAW BAKED APPLES KETCHUP/ONION	12	ITALIAN BAKED CHICKEN AU GRATIN POTATOES SPINACH WHITE BREAD FRUITED GELATIN VINEGAR	13	TUNA SALAD (2 OZ) WHITE BREAD MIXED BEAN SOUP MANDARIN ORANGES SALTINE
16	PORK ROAST w/ STUFFING CALIFORNIA BLEND VEGETABLES BAKED APPLES WHEAT BREAD MARGARINE	17	HAM SALAD (2 OZ) WHITE BREAD VEGETABLE SOUP (8 OZ) MANDARIN ORANGES SALTINE	18	BREADED PORK CHOP SWEET POTATOES PEAS & CARROTS WHEAT BREAD FRUIT CRISP MARGARINE	19	CHICKEN TETRAZZINI ITALIAN BLEND VEGETABLES WHEAT BREAD PINEAPPLE BAKE MARGARINE	20	THEME DAY MARCH MADNESS: CHEESE PIZZA (2 SLICES) TOSSED SALAD RANCH DRESSING CHILLED PINEAPPLE Homebound meal see below
23	BREADED CHICKEN WHEAT BUN BRUSSELS SPROUTS HOMINY MIXED FRUIT MAYO	24	SLICED HAM (2 OZ) WHEAT BREAD OVEN ROASTED POTATOES BROCCOLI PASTA SALAD PEACHES MAYO	25	MEATLOAF PARSLEY POTATOES GREEN BEANS MARGARINE WHEAT BREAD PINEAPPLE	26	BBQ CHICKEN BREAST WHEAT BUN BAKED SWEET POTATO GREEN BEANS PUDDING MARGARINE	27	LOADED BAKED POTATO w/ BROCCOLI & CHEESE DINNER ROLL MARGARINE SOUR CREAM MIXED FRUIT
30	POT ROAST MASHED POTATOES CARROTS WHEAT BREAD FRESH ORANGE MARGARINE	31	HEARTY CHILI (8 OZ) TOSSED SALAD RANCH DRESSING WHEAT CRACKERS (6) FRESH APPLE	DIETARY TIP CHOOSE PLENTY OF AND VEGETABLES. ARE LOW IN AND HIGH IN STRIVE FOR 5 A DAY.		EXERCISE TIP YOU NEED AT LEAST MINUTES OF A DAY. IT HELPS CHOLESTEROL, AND PRESSURE LEVELS. IT HELPS MAINTAIN WEIGHT.		<u>HOMEBOUND MEAL</u> 20-Mar PIMENTO CHEESE WHITE BREAD BROCCOLI SOUP PEACHES SALTINES	