

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,  
August 2020**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>CHICKEN TETRAZZINI</b> 6 OZ ITALIAN BLEND VEGETABLES WHEAT BREAD PINEAPPLE CAKE MARGARINE	4 <b>HAM SALAD (2 OZ)</b> VEGETABLE SOUP 8 OZ MANDARIN ORANGES WHITE BREAD SALTINE (1)	5 BREADED CHICKEN BRUSSELS SPROUTS HOMINY MIXED FRUIT WHEAT BUN MAYO	6 SLICED HAM POTATO SALAD BROCOLI PASTA SALAD PEACHES WHEAT BREAD MAYO	7 BBQ CHICKEN SWEET POTATO GREEN BEANS PUDDING WHEAT BUN MARGARINE
10 <b>THEME DAY</b> GRILLED CHICKEN PASTA SALAD CUCUMBER & ONION SHERBET	11 TURKEY SLICE CHEESE SLICE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD	12 MEATLOAF PARSLEY POTATOES MIXED VEGETABLES WHEAT BREAD PINEAPPLE MARGARINE	13 CHICKEN SALAD WHEAT BREAD PICKLED BEETS TOSSED SALAD FRESH APPLE RANCH DRESSING	14 POLISH SAUSAGE BLACK EYED PEAS CABBAGE HOT DOG BUN PEARS MUSTARD CUP
17 VEGETABLE SOUP COTTAGE CHEESE (3 OZ) PEACHES WHEAT CRACKERS (3) SALTINE (1)	18 PINTO BEANS (6 OZ) CORN COLESLAW CORNBREAD APPLESAUCE MARGARINE	19 BBQ CHICKEN WHEAT BUN CHEESY POTATOES GREEN BEANS BANANA MARGARINE	20 TURKEY & GRAVY MASHED POTATOES SLICED CARROTS WHEAT BREAD FRESH ORANGE MARGARINE	21 PASTA W/ MEAT SAUCE (8 OZ) STEAMED BROCCOLI DINNER ROLL RAISINS PARMESAN CHEESE
24 BAKED CHICKEN GREEN PEAS CABBAGE WHEAT BREAD MARGARINE MIXED FRUIT	25 PIMENTO CHEESE (2 OZ) WHITE BREAD CREAM OF BROCCOLI PEACHES	26 SALISBURY STEAK NORTHERN BEANS BRUSSELS SPROUTS DINNER ROLL FRUIT CRISP MARGARINE	27 SLOPPY JOE WHEAT BUN PARSLEY POTATOES CARROTS FRESH APPLE	28 SLICED TURKEY WHEAT BUN VEGETABLE SOUP RAISINS SALTINE (1)
31 BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD PICKLES		<b>EXERCISE TIP</b> MAINTAIN A HEALTHY BLOOD PRESSURE. EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.	<b>DIETARY TIP</b> INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTEROL AND AIDS IN DIGESTION.	