


1% MILK SHOULD BE SERVED
AT EACH MEAL

GRADD SENIOR NUTRITION PROGRAM,

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

October 2020

NOTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>EXERCISE TIP</u> YOU NEED AT LEAST 30 MINUTES OF EXERCISE A DAY. IT HELPS MAINTAIN CHOLESTEROL, AND BLOOD PRESSURE LEVELS. IT ALSO HELPS MAINTAIN WEIGHT.</p>	<p><u>DIETARY TIP</u> CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.</p>			<p>2 SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES FRESH APPLE WHEAT BUN</p>
<p>5 CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES WHEAT BUN KETCHUP</p>	<p>6 BBQ PULLED PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD PICKLES</p>	<p>7 ITALIAN BAKED CHICKEN AU GRATIN POTATOES SPINACH FRUITED GELATIN VINEGAR/WHITE BREAD</p>	<p>8 POLISH SAUSAGES BLACK EYE PEAS CABBAGE PINEAPPLE WHEAT BUN MUSTARD</p>	<p>9 TUNA SALAD (2 OZ) WHITE BREAD MIXED BEAN SOUP MANDARIN ORNAGES CRACKERS (1)</p>
<p>12 POT ROAST w/ GRAVY ROASTED POTATOES GREEN BEANS WHEAT BREAD FRESH ORANGE MARGARINE</p>	<p>13 SLICED TURKEY VEGETABLE SOUP FRUIT CRISP SALTINE (1) HAMBURGER BUN MUSTARD</p>	<p>14 BEEF HOT DOG ROASTED POTATOES GREEN BEANS HOT DOG BUN YOGURT MUSTARD</p>	<p>15 PASTA W/ MEAT SAUCE BREAD STICK TOSSED SALAD BIRTHDAY CAKE RANCH DRESSING (1) PARMESAN CHEESE (1)</p>	<p>16 BEAN SOUP COLESLAW BAKED APPLES CORNBREAD MARGARINE</p>
<p>19 BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD</p>	<p>20 CHICKEN TETRAZZINI BRUSSELS SPROUTS PINEAPPLE CAKE WHEAT BREAD</p>	<p>21 HAM SALAD (2 OZ) VEGETABLE SOUP MANDARIN ORANGES WHITE BREAD CRACKERS (1)</p>	<p>22 BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT WHEAT BUN MAYO</p>	<p>23 SLICED HAM RANCH PASTA POTATO SALAD PEACHES WHEAT BREAD MAYO</p>
<p>26 BBQ CHICKEN PEAS & CARROTS SWEET POTATOES PINEAPPLE WHEAT BUN MARGARINE</p>	<p>27 SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD CRACKERS (1) MAYO</p>	<p>28 SLICED TURKEY CHEESE SLICE COLESLAW TROPICAL FRUIT WHEAT BREAD OATMEAL COOKIE MUSTARD</p>	<p>29 MEATLOAF w/ KETCHUP GARLIC MASHED POTATOES GREEN PEAS PEACHES WHEAT ROLL MARGARINE</p>	<p>30 CHILI (8 OZ) TOSSED SALAD FRESH APPLE RANCH DRESSING WHEAT CRACKERS (3)</p>