

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
NOVEMBER 2020**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PEARS HOT DOG BUN MUSTARD	3	VEGETABLE SOUP COTTAGE CHEESE PEACHES WHEAT CRACKER SALTINE CRACKER	4	PINTO BEANS CORN COLESLAW CORNBREAD APPLESAUCE MARGARINE	5	BBQ CHICKEN LIMA BEANS CARROTS PINEAPPLE HAMBURGER BUN	6	TURKEY & GRAVY MASHED POTATOES GREEN BEANS FRESH ORANGE WHEAT BREAD MARGARINE
9	PASTA W/ MEAT SAUCE 8 OUNCES STEAMED BROCCOLI FRUIT COBBLER ROLL	10	BAKED CHICKEN BREAST SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE	11	CLOSED FOR VETERAN'S DAY	12	SALISBURY STEAK BRUSSELS SPROUTS PASTA SALAD FRUIT CRISP ROLL MARGARINE	13	SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES FRESH APPLE HAMBURGER BUN
16	CHEESEBURGER BAKED BEANS BACOLESLAW BAKED APPLES HAMBURGER BUN KETCHUP	17	BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD PICKLES	18	THEME DAY TURKEY & GRAVY CORNBREAD DRESSING MASHED POTATOES GREEN BEANS PUMPKIN PIE MARGARINE	19	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	20	MIXED BEAN SOUP TUNA SALAD (2OZ) MANDARIN ORANGES SALTINE WHITE BREAD
23	POT ROAST ROASTED POTATOES GREEN BEANS FRESH ORANGE WHEAT BREAD MARGARINE	24	VEGETABLE SOUP SLICED TURKEY FRUIT CRISP SALTINE CRACKER HAMBURGER BUN MUSTARD	25	BEEF HOT DOG ROASTED POTATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD	26	CLOSED FOR THANKSGIVING	27	CLOSED FOR THANKSGIVING
30	PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD MARGARINE			<p>DIETARY TIP CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.</p>		<p>EXERCISE TIP YOU NEED AT LEAST 30 MINUTES OF EXERCISE A DAY. IT HELPS MAINTAIN CHOLESTEROL, AND BLOOD PRESSURE LEVELS. IT ALSO HELPS MAINTAIN WEIGHT.</p>			