

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
JANUARY 2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			<p>1 CLOSED NEW YEARS DAY</p>
<p>4 CHICKEN TETRAZZINI BRUSSELS SPROUTS PINEAPPLE CAKE WHEAT BREAD</p>	<p>5 BBQ CHICKEN PEAS & CARROTS SWEET POTATOES PEACHES HAMBURGER BUN MARGARINE</p>	<p>6 POTATO SOUP HAM SLICE MIXED FRUIT SALTINE (1) WHEAT BREAD MAYO</p>	<p>7 PASTA W/ MEAT SAUCE STEAMED BROCCOLI FRUIT COBBLER DINNER ROLL</p>	<p>8 TURKEY & GRAVY MASHED POTATOES GREEN BEANS FRESH ORANGE WHEAT BREAD MARGARINE</p>
<p>11 CHILI TOSSED SALAD FRESH APPLE WHEAT CRACKER (3) RANCH DRESSING</p>	<p>12 POLISH SAUSAGE BLACK EYED PEAS CABBAGE PEARS HOT DOG BUN MUSTARD</p>	<p>13 VEGETABLE SOUP COTTAGE CHEESE PEACHES WHEAT CRACKERS (3)</p>	<p>14 PINTO BEANS CORN COLESLAW APPLESAUCE CORNBREAD MARGARINE</p>	<p>15 BBQ CHICKEN LIMA BEANS CARROTS PINEAPPLE HAMURGER BUN</p>
<p>18 CLOSED MARTIN LUTHER KING JR DAY</p>	<p>19 TURKEY & CHEESE COLE SLAW TROPICAL FRUIT WHEAT BREAD OATMEAL COOKIE MUSTARD</p>	<p>20 BROCCOLI SOUP PIMENTO CHEESE BANANA SALTINE (1) WHITE BREAD</p>	<p>21 THEME DAY CHILI MAC TOSSED SALAD BIRTHDAY CAKE BREAD STICK RANCH DRESSING</p>	<p>22 SALISBURY STEAK BRUSSELS SPROUTS PASTA SALAD FRUIT CRISP WHEAT BREAD MARGARINE</p>
<p>25 MIXED BEAN SOUP TUNA SALAD MANDARIN ORANGES WHITE BREAD SALTINE (1)</p>	<p>26 CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP</p>	<p>27 BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING PICKLES WHITE BREAD</p>	<p>28 ITALIAN BAKED CHICKEN AU GRATIN POTATOES SPINACH FRUITED GELATIN VINEGAR WHITE BREAD</p>	<p>29 POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD</p>