

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,  
FEBRUARY 2021**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES FRESH APPLE HAMBURGER BUN	2	POT ROAST OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	3	VEGETABLE SOUP SLICED TURKEY FRUIT CRISP HAMBURGER BUN SALTINE MUSTARD	4	BEEF HOT DOG ROASTED POTATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD	5	POT ROAST STUFFING CALIFORNIA BLEND MIXED FRUIT WHEAT BREAD MARGARINE
8	BEAN SOUP COLE SLAW PEARS CORNBREAD MARGARINE	9	BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD MARGARINE	10	HAM SLICE POTATO SALAD PASTA SALAD PEACHES WHEAT BREAD MAYO	11	VEGETABLE SOUP HAM SALAD MANDARIN ORANGES WHITE BREAD CRACKER	12	BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO
15	 CLOSED FOR PRESIDENT'S DAY	16	<b>THEME DAY</b> CHICKEN & BROCCOLI CASSEROLE CARROTS DINNER ROLL BIRTHDAY CAKE	17	POTATO SOUP PIMENTO CHEESE MIXED FRUIT SALTINE WHITE BREAD	18	PASTA W/ MEAT SAUCE BROCCOLI FRUIT COBBLER DINNER ROLL	19	BAKED POTATO BROCCOLI AND CHEESE MIXED FRUIT DINNER ROLL SOUR CREAM MARGARINE (2)
22	CHILI MAC TOSSED SALAD RANCH DRESSING FRESH APPLE WHEAT CRACKERS (3)	23	POLISH SAUSAGE BLACK EYE PEAS CABBAGE PEARSA HOT DOG BUN MUSTARD	24	VEGETABLE SOUP COTTAGE CHEESE PEACHES WHEAT CRACKER (3) SALTINE (1)	25	BBQ CHICKEN LIMA BEANS CARROTS PINEAPPLE HAMBURGER BUN	26	PINTO BEANS CORN COLESLAW APPLESAUCE CORNBREAD MARGARINE
<u>EXERCISE TIPS</u> Daily activities such as housework and washing the car are great as they help get you up and moving!								<u>DIETARY TIPS</u> Balance the number of calories you eat with the number of calories you use each day.	