

**GRADD SENIOR NUTRITION PROGRAM
APRIL 2021**

1% MILK SHOULD BE SERVED
AT EACH MEAL

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p align="center">EXERCISE TIP MAINTAIN A HEALTHY BLOOD PRESSURE. EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.</p>		<p align="center">DIETARY TIP INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTEROL AND AIDS IN DIGESTION.</p>				<p>1 VEGETABLE SOUP COTTAGE CHEESE PEACHES WHEAT CRACKERS SALTINE</p>		<p>2 PINTO BEANS CORN COLESLAW BAKED APPLES CORNBREAD MARGARINE</p>	
<p>5 BBQ CHICKEN LIMA BEANS TURNIP GREENS PINEAPPLE HAMBURGER BUN VINEGAR</p>		<p>6 MEATLOAF W/KETCHUP MASHED POTATOES GREEN PEAS PEACHES DINNER ROLL MARGARINE</p>		<p>7 BROCCOLI SOUP PIMENTO CHEESE BANANA WHITE BREAD SALTINE</p>		<p>8 TURKEY CHEESE COLESLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD</p>		<p>9 BAKED HAM MASHED POTATOES BROCCOLI W/CHEESE BIRTHDAY CAKE DINNER ROLL MARGARINE</p>	
<p>12 SALISBURY STEAK BRUSSELS SPROUTS PASTA SALAD FRUIT CRISP WHEAT BREAD MARGARINE</p>		<p>13 MIXED BEAN SOUP TUNA SALAD MANDARIN ORANGES WHITE BREAD SALTINE</p>		<p>14 CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP</p>		<p>15 THEME DAY BBQ PORK CALIFORNIA BLEND LIMA BEANS PUDDING WHITE BREAD PICKLES</p>		<p>16 ITALIAN BAKED CHICKEN AU GRATIN POTATOES SPINACH FRUITED GELATIN WHITE BREAD VINEGAR</p>	
<p>19 POLISH SAUSAGE BLACK EYE PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD</p>		<p>20 SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES FRESH APPLE HAMBURGER BUN</p>		<p>21 POT ROAST OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE</p>		<p>22 VEGETABLE SOUP SLICED TURKEY FRUIT CRISP HAMBURGER BUN SALTINE MUSTARD</p>		<p>23 BEEF HOT DOG ROASTED POTATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD</p>	
<p>26 PORK ROAST STUFFING CALIFORNIA BLEND VEGETABLES MIXED FRUIT WHEAT BREAD MARGARINE</p>		<p>27 BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINE</p>		<p>28 BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD MARGARINE</p>		<p>29 HAM SLICE POTATO SALAD PASTA SALAD PEACHES WHEAT BREAD MAYO</p>		<p>30 HAM SALAD VEGETABLE SOUP MANDARIN ORANGES SALTINE WHITE BREAD MAYO</p>	