

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,  
August 2021**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CHILI MAC TOSSED SALAD MANDARIN ORANGES WHEAT CRACKERS (3) SALTINE (1) RANCH DRESSING	3	BBQ CHICKEN LIMA BEANS GREENS PINEAPPLE HAMBURGER BUN VINEGAR	4	BROCCOLI SOUP PIMENTO CHEESE SALTINE (1) WHITE BREAD BANANA	5	MEATLOAF W/KETCHUP MASHED POTATOES GREEN PEAS PEACHES DINNER ROLL MARGARINE	6	SICED TURKEY CHEESE SLICE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD
9	ITALIAN BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL	10	SALISBURY STEAK BRUSSELS SPROUTS PASTA SALAD FRUIT CRISP WHEAT BREAD MARGARINE	11	MIXED BEAN SOUP TUNA SALAD MANDARIN ORANGES WHITE BREAD SALTINE (1)	12	CHEESEBURGER BAKED BEANS COLE SLAW BAKED APPLES HAMBURGER BUN KETCHUP	13	BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD PICKLES
16	PINTO BEANS CORN COLESLAW BAKED APPLES CORNBREAD MARGARINE	17	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	18	BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	19	POT ROAST W/ GRAVY OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	20	TURKEY SLICE VEGETABLE SOUP FRUIT CRISP HAMBURGER BUN SALTINE (1) MUSTARD
23	BEEF HOT DOG ROASTED POTATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD	24	<b><i>THEME DAY</i></b> BAKED CHICKEN PASTA SALAD CUCUMBER & ONION SHERBET HAMBURGER BUN MARGARINE	25	BEAN SOUP COLESLAW CORNBREAD PEARS MARGARINE	26	BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE	27	HAM SLICE POTATO SALAD BROCCOLI PASTA SALAD PEACHES WHEAT BREAD MAYO
30	ITALIAN BAKED CHICKEN AU GRATIN POTATOES SPINACK FRUITED GELATIN WHITE BREAD VINEGAR	31	SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES FRESH APPLE HAMBURGER BUN	<u><b>EXERCISE TIP</b></u> <b>MAINTAIN A HEALTHY BLOOD PRESSURE. EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.</b>		<u><b>DIETARY TIP</b></u> <b>INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTEROL AND AIDS IN DIGESTION.</b>			