

**GRADD SENIOR NUTRITION PROGRAM  
JULY 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  |  |
|---|--|---|--|--|--|--|--|---|--|
| <b><u>DIETARY TIP</u></b><br>CHOOSE PLENTY OF FRUITS<br>AND VEGETABLES. THEY<br>ARE LOW IN CALORIES<br>AND HIGH IN VITAMINS.<br>STRIVE FOR 5 SERVINGS<br>A DAY. |  | <b><u>EXERCISE TIP</u></b><br>YOU NEED AT LEAST 30<br>MINUTES OF EXERCISE<br>A DAY. IT HELPS MAINTAIN<br>CHOLESTEROL, AND BLOOD<br>PRESSURE LEVELS. IT ALSO<br>HELPS MAINTAIN WEIGHT. |  |                        |  | 1<br>CHEESEBURGER<br>BAKED BEANS<br>COLESLAW<br>BAKED APPLES<br>HAMBURGER BUN<br>KETCHUP           |  | 2<br><b><u>THEME DAY</u></b><br>TURKEY HOT DOG<br>BAKED BEANS<br>COLESLAW<br>CAKE<br>HOT DOG BUN<br>MUSTARD |  |
| 5<br><br>CLOSED<br>FOR<br>INDEPENDENCE<br>DAY!  |  | 6<br>POLISH SAUSAGE<br>BLACK EYED PEAS<br>CABBAGE<br>PINEAPPLE<br>HOT DOG BUN<br>MUSTARD  |  | 7<br>BREADED CHICKEN<br>HOMINY<br>ITALIAN BLEND<br>VEGETABLES<br>TROPICAL FRUIT<br>HAMBURGER BUN<br>MAYO |  | 8<br>POT ROAST<br>OVEN ROASTED POTATOES<br>CARROTS<br>FRESH ORANGE<br>WHEAT BREAD<br>MARGARINE     |  | 9<br>VEGETABLE SOUP<br>TURKEY SLICE<br>FRUIT CRISP<br>HAMBURGER BUN<br>SALTINE (1)<br>MUSTARD               |  |
| 12<br>BEEF HOT DOG<br>ROASTED POTATOES<br>GREEN BEANS<br>YOGURT<br>HOT DOG BUN<br>MUSTARD   |  | 13<br>PORK ROAST/GRAVY<br>CALIFORNIA BLEND<br>STUFFING<br>MIXED FRUIT<br>WHEAT BREAD<br>MARGARINE   |  | 14<br>BEAN SOUP<br>COLESLAW<br>PEARS<br>CORNBREAD<br>MARGARINE   |  | 15<br>BREADED PORK CHOP<br>CHEESY POTATOES<br>PEAS & CARROTS<br>RAISIN<br>WHEAT BREAD<br>MARGARINE |  | 16<br>HAM SLICE<br>POTATO SALAD<br>BROCCOLI PASTA<br>SALAD<br>PEACHES<br>WHEAT BREAD<br>MAYO                |  |
| 19<br>ITALIAN BAKED<br>CHICKEN<br>AU GRATIN POTATOES<br>SPINACH<br>FRUITED GELATIN<br>WHITE BREAD<br>VINEGAR  |  | 20<br>SLOPPY JOE<br>PARSLEY POTATOES<br>MIXED VEGETABLES<br>FRESH APPLE<br>HAMBURGER BUN  |  | 21<br>CHICKEN TETRAZZINI<br>BRUSSELS SPROUTS<br>PINEAPPLE<br>WHEAT BREAD                                 |  | 22<br>BBQ CHICKEN<br>PEAS & CARROTS<br>MASHED SWEET<br>POTATOES<br>PEACHES<br>HAMBURGER BUN        |  | 23<br>POTATO SOUP<br>HAM SLICE<br>MIXED FRUIT<br>WHEAT BREAD<br>SALTINE (1)<br>MAYO                         |  |
| 26<br>PASTA W/MEAT SAUCE<br>STEAMED BROCCOLI<br>FRUIT COBBLER<br>DINNER ROLL<br>MARGARINE   |  | 27<br>TURKEY & GRAVY<br>MASHED POTATOES<br>CARROTS<br>FRESH ORANGE<br>WHEAT BREAD<br>MARGARINE  |  | 28<br>CHICKEN SALAD<br>TOSSED SALAD<br>BEETS<br>FRESH APPLE<br>WHEAT BREAD<br>SALAD DRESSING             |  | 29<br>POLISH SAUSAGE<br>BLACK EYED PEAS<br>CABBAGE<br>PEARS<br>HOT DOG BUN<br>MUSTARD              |  | 30<br>VEGETABLE SOUP<br>COTTAGE CHEESE<br>PEACHES<br>WHEAT CRACKER (3)<br>SALTINE (1)                       |  |