

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
October 2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>EXERCISE TIP</u> 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><u>DIETARY TIP</u> CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.</p>			<p>1 BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS MARGARINE WHEAT BREAD</p>
<p>4 HAM AND CHEESE POTATO SALAD BROCCOLI PASTA SALAD MANDARIN ORANGES WHEAT BREAD MAYO</p>	<p>5 ITALIAN BAKED CHICKEN AUGRATIN POTATOES SPINACH FRUITED GELATIN WHITE BREAD VINEGAR</p>	<p>6 POLISH SAUSAGE BLACK EYED PEAS CABBAGE PEARS HOT DOG BUN MUSTARD</p>	<p>7 CHICKEN TETRAZZINI 6 OZ BRUSSELS SPROUTS PINEAPPLE WHEAT BREAD</p>	<p>8 BBQ CHICKEN PEAS & CARROTS MASHED SWEET POTATOES PEACHES HAMBURGER BUN</p>
<p>11 PASTA W/ MEAT SAUCE STEAMED BROCCOLI FRUIT COBBLER DINNER ROLL MARGARINE</p>	<p>12 HAM POTATO SOUP MIXED FRUIT WHEAT BREAD SALTINE (1) MAYO</p>	<p>13 TURKEY & GRAVY MASHED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE</p>	<p>14 CHILI TOSSED SALAD FRESH APPLE WHEAT CRACKERS (3) SALAD DRESSING</p>	<p>15 SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES FRUITED GELATIN HAMBURGER BUN</p>
<p>18 TURKEY & CHEESE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD</p>	<p>19 CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORANGES WHEAT CRACKERS (3) SALTINE CRACKER (1) SALAD DRESSING</p>	<p>20 CREAM OF BROCCOLI SOUP PIMENTO CHEESE BANANA SALTINE (1) WHITE BREAD</p>	<p>21 BBQ CHICKEN LIMA BEANS TURNIP GREENS PINEAPPLE HAMBURGER BUN VINEGAR</p>	<p>22 MEATLOAF W/ KETCHUP MASHED POTATOES GREEN PEAS PEACHES DINNER ROLL MARGARINE</p>
<p>25 VEGETABLE SOUP COTTAGE CHEESE PEACHES WHEAT CRTACKER (3) SALTINE (1)</p>	<p>26 PASTA W/ MEAT SAUCE TOSSED SALAD BREAD STICK CAKE PARMESAN CHEESE SALAD DRESSING</p>	<p>27 SALISBURY STEAK BRUSSELS SPROUTS PASTA SALAD FRUIT CRISP WHEAT BREAD MARGARINE</p>	<p>28 MIXED BEAN SOUP TUNA SALAD MANDARIN ORANGES WHITE BREAD SALTINE (1)</p>	<p>29 CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP</p>