

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
SEPTEMBER 2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DIETARY TIPS: ONE OF THE BEST AND EASIEST WAYS TO MAINTAIN A HEALTHY BODY WEIGHT: EAT LOW FAT OR NONFAT FOODS</p>	<p>EXERCISE TIP: FOR SOME EASY WAYS TO GET MORE ACTIVITY, TRY THESE: TAKE A WALK OR A SWIM. TAKE THE STAIRS AND NOT THE ELEVATOR.</p>	<p>1 HAMBURGER CHEESE SLICE BAKED BEANS COLE SLAW BAKED APPLES HAMBURGER BUN KETCHUP</p>	<p>2 BBQ PULLED CHICKEN SWEET POTATOES PEAS & CARROTS PEACHES HAMBURGER BUN</p>	<p>3 HAM SLICE POTATO SOUP MIXED FRUIT WHEAT BREAD SALTINE CRACKER MAYO</p>
<p>6 CLOSED FOR LABOR DAY</p>	<p>7 TURKEY & GRAVY MASHED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE</p>	<p>8 CHICKEN SALAD TOSSED SALAD BEETS FRESH APPLE WHEAT BREAD SALAD DRESSING</p>	<p>9 POLISH SAUSAGE BLACKEYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD</p>	<p>10 VEGETABLE SOUP COTTAGE CHEESE PEACHES WHEAT CRACKERS (3) SALTINE (1)</p>
<p>13 CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORANGES SALAD DRESSING WHEAT CRACKERS (3) SALTINE (1)</p>	<p>14 BBQ CHICKEN LIMA BEANS GREENS PINEAPPLE HAMBURGER BUN VINEGAR</p>	<p>15 CREAM OF BROCCOLI SOUP PIMENTO CHEESE BANANA WHITE BREAD SALTINE (1)</p>	<p>16 MEATLOAF w/KETCHUP MASHED POTATOES GREEN PEAS PEACHES DINNER ROLL MARGARINE</p>	<p>17 SLICED TURKEY CHEESE SLICE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD</p>
<p>20 BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE</p>	<p>21 SALISBURY STEAK BRUSSELS SPROUTS PASTA SALAD FRUIT CRISP WHEAT BREAD MARGARINE</p>	<p>22 MIXED BEAN SOUP TUNA SALAD MANDARIN ORANGES WHITE BREAD SALTINE (1)</p>	<p>23 HAMBURGER CHEESE SLICE BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP</p>	<p>24 BBQ PULLED PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD PICKLES</p>
<p>27 PINTO BEANS CORN COLESLAW BAKED APPLES CORNBREAD MARGARINE</p>	<p>28 POLISH SAUSAGE BLACKEYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD</p>	<p>29 BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO</p>	<p>30 POT ROAST OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE</p>	<p>Hello September!</p> 