

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
NOVEMBER 2021**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD	2	PINTO BEANS CORN COLESLAW CORNBREAD BAKED APPLES MARGARINE	3	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	4	BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	5	POT ROAST OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BEAD MARGARINE
8	SLICED TURKEY VEGETABLE SOUP FRUIT CRISP HAMBURGER BUN MUSTARD	9	BEEF HOT DOG ROASTED POATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD	10	PORK ROAST STUFFING CALIFORNIA BLEND VEGETABLES MIXED FRUIT WHEAT BREAD MARGARINE	11	CLOSED FOR VETERAN'S DAY	12	BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE
15	SLICED HAM POTATO SALAD BROCCOLI PASTA SALAD MANDARIN ORNAGES WHEAT BREAD MAYO	16	PARMESAN CHICKEN AUGRATIN POTATOES SPINACH FRUITED GELATIN WHITE BREAD	17	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PEARS HOT DOG BUN MUSTARD	18	CHICKEN TETRAZZINI BRUSSELS SPROUTS PINEAPPLE WHEAT BREAD MARGARINE	19	BBQ CHICKEN SWEET POTATOES PEAS & CARROTS PEACHES HAMBURGER BUN
22	PASTA W/ MEAT SAUCE STEAMED BROCCOLI FRUIT COBBLER DINNER ROLL MARGARINE	23	SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD MAYO	24	THEME DAY TURKEY & GRAVY DRESSING MASHED POTATOES GREEN BEANS PUMPKIN PIE MARGARINE	25	CLOSED FOR THANKSGIVING	26	CLOSED FOR THANKSGIVING
29	SLICED TURKEY CHEESE SLICE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD	30	CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORNAGES WHEAT CRACKERS ITALIAN DRESSING				EXERCISE TIP YOU NEED AT LEAST 30 MINUTES OF EXERCISE A DAY. IT HELPS MAINTAIN CHOLESTEROL, AND BLOOD PRESSURE LEVELS. IT ALSO HELPS MAINTAIN WEIGHT.	DIETARY TIP CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.	