

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
MARCH 2022**

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

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|---------|---|-----------|---|----------|--|---|--|
| <p>DIETARY TIP CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.</p> | | 1 | BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD | 2 | LOADED BAKED POTATO BROCCOLI W/ CHEESE MIXED FRUIT MARAGRINE (2) SOUR CREAM | 3 | SALISBURY STEAK PASTA SALAD BRUSSELS SPROUTS FRUIT CRISP MARGARINE | 4 | TUNA SALAD MIXED BEAN SOUP MANDARINE ORANGES SALTINE (1) WHITE BREAD |
| 7 | BBQ CHICKEN BREAST SWEET POTATOES PEAS & CARROTS CHILLED PEACHES HAMBURGER BUN | 8 | CHICKEN TORTILLA SOUP (8 OZ) TOSSED SALAD MANDARIN ORANGES WHEAT CRACKER (3) | 9 | BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO | 10 | POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD | 11 | PINTO BEANS (6OZ) CORN COLESLAW BAKED APPLES CORNBREAD MARGRAINE |
| 14 | POT ROAST OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD | 15 | SLICED TURKEY VEGETABLE SOUP (8 OZ) FRUIT CRISP HAMBURGER BUN MUSTARD | 16 | BEEF HOT DOG OVEN ROASTED POTATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD | 17 | PORK ROAST STUFFING BROCCOLI MIXED FRUIT WHEAT BREAD | 18 | BEAN SOUP (8 OZ) COLESLAW PEARS CORNBREAD MARGARIINE |
| 21 | BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE | 22 | SLICED HAM POTATO SALAD BROCCOLI PASTA SALAD MANDARIN ORANGES WHEAT BREAD MAYO | 23 | BREAKFAST MEAL BAKED HAM BREAKFAST POTATOES BAKED APPLES FRESH BANANA WHEAT BREAD MARGARINE | 24 | POLISH SAUSAGE BLACK EYED PEAS CABBAGE PEARS HOT DOG BUN MUSTARD | 25 | TUNA NOODLE CASSEROLE (6OZ) GREEN PEAS TROPICAL FRUIT WHEAT BREAD MARGARINE |
| 28 | BURGER W/ CHEESE BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP | 29 | THEME DAY MARCH MADNESS CHEESE PIZZA 2 SLICES TOSSED SALAD PINEAPPLE SALAD DRESSING | 30 | SLICED HAM POTATO SOUP (8OZ) MIXED FRUIT WHEAT BREAD MAYO | 31 | TURKEY AND GRAVY MASHED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE | <p>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.</p> | |