

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM  
JUNE 2022**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<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>				1		2		3	
				BEAN SOUP COLE SLAW DICED PEARS CORNBREAD MARGARINE		BEEF HOT DOG ROASTED POTATOES GREEN BEANS YOGURT HOT DOG BUN MUSTARD		HAM SLICE POTATO SALAD BROCCOLI PASTA SALAD MANDARIN ORANGES WHEAT BREAD MAYO	
6		7		8		9		10	
TURKEY SLICE BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN WHEAT BREAD MUSTARD		PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD MARGARINE		PORK ROAST STUFFING BROCCOLI FRUIT CRISP WHEAT BREAD MARGARINE		SLICED HAM ROASTED POTATOES BAKED APPLES BANANA BISCUIT MARGARINE KETCHUP		POLISH SAUSAGE BLACK EYED PEAS CABBAGE PEARS HOT DOG BUN MUSTARD	
13		14		15		16		17	
CHICKEN TETRAZZINI BRUSSELS SPROUTS PINEAPPLE WHEAT BREAD MARGARINE		CHEESEBURER BAKED BEANS COLE SLAW BAKED APPLES HAMBURGER BUN KETCHUP		CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORANGES WHEAT CRACKERS (3) RANCH DRESSING		SLICED HAM POTATO SOUP MIXED FRUIT SALTINE (1) MAYO		TURKEY & GRAVY MASHED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	
20		21		22		23		24	
CHICKEN SALAD BEETS TOSSED SALAD FRESH APPLE WHEAT BREAD RANCH DRESSING		BROCCOLI SOUP PIMENTO CHEESE FRUITED GELATIN WHEAT BREAD SALTINE CRACKER (1)		BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING WHITE BREAD		SLOPPY JOE PARSLEY POTATOES MIXED VEGETABLES BANANA HAMBURGER BUN		THEME DAY GRILLED CHICKEN PASTA SALAD COLE SLAW WHEAT BREAD BIRTHDAY CAKE	
27		28		29		30			
TACO MEAT REFRIED BEANS LETTUCE TOMATO CHEESE PINEAPPLE TORTILLA (2)		MEATLOAF W/KETCHUP MASHED POTATOES PEAS PEACHES DINNER ROLL MARGARINE		SLICED TURKEY CHEESE SLICE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD		BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE		<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>	