

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,  
AUGUST 2022**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	ITALIAN CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE	2	TURKEY 3 BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN HAMBURGER BUN MUSTARD	3	BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD MARGARINE	4	BAKED HAM ROASTED POTATOES BAKED APPLES BANANA BISCUIT MARGARINE	5	PORK ROAST STUFFING STEAMED BROCCOLI SPICED PEACHES WHEAT BREAD MARGARINE
8	CHICKEN PARMESAN MASHED POTATOES BROCCOLI FRUIT CRISP WHEAT BREAD MARGARINE	9	CHICKEN TETRAZZINI BRUSSELS SPROUTS PINEAPPLE WHEAT BREAD MARGARINE	10	CHICKEN TORTILLA SOUP TOSSED SALAD MANDARINE ORANGES WHEAT CRACKERS (3) SALTINE (1) RANCH	11	CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP	12	SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD SALTINE (1) MAYO
15	TURKEY & GRAVY ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	16	CHICKEN SALAD PICKLED BEETS TOSSED SALAD FRESH APPLE WHEAT CRACKERS (3) WHEAT BREAD RANCH	17	BROCCOLI SOUP PIMENTO CHEESE FRUITED GELATIIN WHITE BREAD SALTINE (1)	18	<b>THEME DAY</b> GRILLED CHICKEN BAKED BEANS BROCCOLI SALAD SHERBET HAMBURGER BUN MAYO	19	MEATBALLS W/GRAVY MASHED POTATOES GREEN PEAS TROPICAL FRUIT DINNER ROLL MARGARINE
22	COTTAGE CHEESE VEGETABLE SOUP PEACHES WHEAT CRACKERS (3) SALTINE (1)	23	TURKEY SLICE CHEESE SLICE COLESLAW TROPICAL FRUIT WHEAT BREAD COOKIE MUSTARD	24	PEPPER STEAK WITH GRAVY NORTHERN BEANS SPINACH YOGURT DINNER ROLL VINEGAR	25	CHICKEN W/GRAVY MASHED POTATOES GREEN BEANS BANANA WHITE BREAD	26	HAM SLICE POTATO SALAD BROCCOLI PASTA SALAD MANDARIN ORANGES WHEAT BREAD MAYO
29	SALISBURY STEAK W/ GRAVY BRUSSELS SPROUTS SWEET POTATOES PEACHES WHEAT BREAD MARGARINE	30	TUNA SALAD BLACK BEAN CORN RELISH TOSSED SALAD MANDARIN ORANGES WHEAT BREAD RANCH	31	BBQ CHICKEN GREEN PEAS PASTA SALAD PINEAPPLE CAKE HAMBURGER BUN MAYO	<b>EXERCISE TIP</b> EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.		<b>DIETARY TIP</b> INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTEROL AND AIDS IN DIGESTION.	

