


1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
SEPTEMBER 2022**

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 HOT DOG ROASTED POTATOES CUCUMBER ONION SALAD FRUIT CRISP HOT DOG BUN MUSTARD</p>	<p>2 THEME DAY HAMBURGER BAKED BEANS POTATO SALAD CAKE HAMBURGER BUN KETCHUP</p>
<p>5 CLOSED FOR LABOR DAY!</p>	<p>6 BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO</p>	<p>7 MEATLOAF W/KETCHUP MASHED POTATOES GREEN PEAS PEACHES DINNER ROLL MARGARINE</p>	<p>8 BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINE</p>	<p>9 POT ROAST STEWED TOMATOES CARROTS FRESH ORANGE WHEAT BREAD</p>
<p>12 ITALIAN BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE</p>	<p>13 SLICED TURKEY BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN HAMBURGER BUN MUSTARD</p>	<p>14 PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE</p>	<p>15 BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT MARGARINE</p>	<p>16 PORK ROAST STUFFING BROCCOLI SPICED PEACHES WHEAT BREAD MARGARINE</p>
<p>19 CHICKEN PARMESAN MASHED POTATOES BROCCOLI FRUIT CRISP MARGARINE</p>	<p>20 CHICKEN TETRAZZINI BRUSSELS SPROUTS PINEAPPLE WHEAT BREAD MARGARINE</p>	<p>21 CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORANGES WHEAT CRACKERS (3) SALTINE (1) RANCH</p>	<p>22 CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP</p>	<p>23 SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD MAYO</p>
<p>26 TURKEY & GRAVY ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE</p>	<p>27 CHICKEN SALAD PICKLED BEETS TOSSED SALAD FRESH APPLE WHEAT BREAD RANCH</p>	<p>28 PIMENTO CHEESE BROCCOLI SOUP FRUITED GELATIN WHITE BREAD SALTINE (1)</p>	<p>29 BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING HAMBURGER BUN</p>	<p>30 MEATBALLS W/GRAVY MASHED POTATOES GREEN PEAS TROPICAL FRUIT DINNER ROLL MARGARINE</p>