

1% MILK SHOULD BE SERVED AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
November 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	TURKEY & GRAVY ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	2	CHILI (6 OZ) TOSSED SALAD APPLESAUCE WHEAT CRACKERS (3) RANCH DRESSING	3	PIMENTO CHEESE CREAM OF BROCCOLI SOUP FRUITED GELATIN WHEAT BREAD SALTINE (1)	4	BBQ PULLED PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING HAMBURGER BUN PICKLES
7	MEATBALLS & GRAVY MASHED POTATOES PEAS PINEAPPLE TIDBITS DINNER ROLL MARGARINE	8	VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (1) WHEAT CRACKERS (3)	9	TURKEY AND CHEESE COLESLAW TROPICAL FRUIT WHEAT BEAD OATMEAL COOKIE MUSTARD	10	CHICKEN AND GRAVY MASHED POTATOES GREEN BEANS BANANA WHITE BREAD	11 CLOSED FOR VETERAN'S DAY	
14	SLICED HAM BEAN SALAD CUCUMBER ONION SALAD FRESH ORANGE WHEAT BREAD MAYO	15	SALISBURY & GRAVY SWEET POTATOES BRUSSELS SPROUTS APPLESAUCE WHEAT BREAD MARGARINE	16	TUNA SALAD BLACK BEAN/CORN RELISH TOSSED SALAD MANDARIN ORANGES WHEAT BREAD RANCH DRESSING	17	STUFFED PEPPER CASSEROLE (6 OZ) MASHED POTATOES CORN PEACHES DINNER ROLL MARGARINE	18	HOT DOG POTATO SALAD BROCCOLI PASTA SALAD FRUIT CRISP HOT DOG BUN MUSTARD
21	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	22	POT ROAST STEWED TOMATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	23	THEME DAY TURKEY & GRAVY DRESSING GREEN BEANS MASHED POTATOES PUMPKIN PIE ROLL/MARGARINE	24 CLOSED FOR THANKSGIVING		25 CLOSED FOR THANKSGIVING	
28	PINTO BEANS (6 OZ) CORN CALIFORNIA BLEND VEGETABLES APPLESAUCE CORNBREAD MARGARINE	29	ITALIAN BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE	30	SLICED TURKEY BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN HAMBURGER BUN MUSTARD	<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>			