

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
October 2022**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	SLICED HAM BEAN SALAD CUCUMBER ONION SALAD FRESH ORANGE WHEAT BREAD MAYO	4	SALISBURY STEAK WITH GRAVY SWEET POTATOES BRUSSELS SPROUTS APPLESAUCE WHEAT BREAD MARGARINE	5	TUNA SALAD BLACK BEAN CORN RELISH TOSSED SALAD MANDARIN ORANGES WHEAT BREAD RANCH DRESSING	6	STUFFED GREEN PEPPER CASSEROLE MASHED POTATOES CORN PEACHES DINNER ROLL MARGARINE	7	BEEF HOT DOG POTATO SALAD BROCCOLI PASTA SALAD FRUIT CRISP HOT DOG BUN MUSTARD
10	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	11	POT ROAST W/ GRAVY STEWED TOMATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	12	BREADED CHICKEN HOMINY ITALIAN VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	13	MEATLOAF W/KETCHUP MASHED POTATOES GREEN PEAS PEACHES DINNER ROLL MARGARINE	14	BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINNE
17	THEME DAY PASTA W/MEAT SAUCE 6 OZ TOSSED SALAD CAKE BREADSTICK RANCH DRESSING	18	ITALIAN BAKED CHICKEN GREEN BEANS SWEET POTATOES MIXED FRUIT DINNER ROLL MARGARINE	19	SLICED TURKEY BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN HAMBURGER BUN MUSTARD	20	BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT MARGARINE	21	PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISIN WHEAT BREAD MARGARINE
24	PORK ROAST STUFFING BROCCOLI FRUIT CRISP WHEAT BREAD MARGARINE	25	CHICKEN PARMESAN PARSLEY POTATOES GREEN BEANS PINEAPPLE WHEAT BREAD MARGARINE	26	CHICKEN TETRAZZINI 6 OZ BRUSSELS SPROUTS PEACHES WHEAT BREAD MARGARINE	27	CHICKEN TORTILLA SOUP 8 OZ TOSSED SALAD MANDARIN ORANGES WHEAT CRAXKERS SALTINE RANCH DRESSING	28	CHEESEBURGER COLESLAW BAKED BEANS BAKED APPLES HAMBURGER BUN KETCHUP
31	SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD MAYO			<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>		<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>			