


1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,
JANUARY 2023**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEARS DAY	3 BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE	4 PARMESAN CHICKEN PARSLEY POTATOES GREEN BEANS PINEAPPLE DINNER ROLL MARGARINE	5 CHICKEN TETRAZZINI BRUSSELS SPROUTS PEACHES WHEAT BREAD MARGARINE	6 CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORANGES SALTINE (1) WHEAT CRACKERS (3) RANCH DRESSING
9 CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP	10 SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD MAYO	11 TURKEY & GRAVY OVEN ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	12 HEARTY CHILI TOSSED SALAD APPLESAUCE SALTINE (1) WHEAT CRACKER (3)	13 MEATBALLS & GRAVY MASHED POTATOES GREEN PEAS FRUITED GELATIN DINNER ROLL MARGARINE
16 CLOSED MARTIN LUTHER KING JR DAY	17 PEPPER STEAK/ GRAVY NORTHERN BEANS GREENS YOGURT DINNER ROLL MARGARINE	18 VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (1) WHEAT CRACKERS (3)	19 THEME DAY CHILI MAC TOSSED SALAD BREAD STICK SALTINE (1) RANCH DRESSING CAKE	20 SLICED TURKEY CHEESE SLICE COLESLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD
23 BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINE	24 BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	25 SALISBURY STEAK GRAVY BRUSSELS SPROUTS SWEET POTATOES APPLESAUCE WHEAT BREAD MARGARINE	26 TUNA SALAD PEA SALAD TOSSED SALAD MANDARIN ORANGES WHEAT BREAD RANCH DRESSING	27 STUFFED GREEN PEPPER CASSEROLE MASHED POTATOES CORN PEACHES DINNER ROLL MARARINE
30 HOT DOG POTATO SALAD BROCCOLI PASTA SALAD FRUIT CRISP HOT DOG BUN MUSTARD	31 POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD		DIETARY TIP CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.	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.