

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM**  
**MARCH 2023**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>DIETARY TIP</b> CHOOSE PLENTY OF FRUITS AND VEGETABLES. THEY ARE LOW IN CALORIES AND HIGH IN VITAMINS. STRIVE FOR 5 SERVINGS A DAY.</p>		<p><b>EXERCISE TIP</b> YOU NEED AT LEAST 30 MINUTES OF EXERCISE A DAY. IT HELPS MAINTAIN CHOLESTEROL, AND BLOOD PRESSURE LEVELS. IT ALSO HELPS MAINTAIN WEIGHT.</p>		1	SLICED TURKEY CHEESE SLICE COLESLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD	2	CHICKEN & GRAVY MASHED POTATOES GREEN BEANS BANANA WHITE BREAD MARGARINE	3	VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (1) WHEAT CRACKERS (3)
6	BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINE	7	BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	8	SALISBURY STEAK SWEET POTATOES BRUSSELS SPROUTS APPLESAUCE WHEAT BREAD MARGARINE	9	STUFFED GREEN PEPPER CASSEROLE MASHED POTATOES CORN PEACHES DINNER ROLL MARGARINE	10	TUNA SALAD PEA SALAD TOSSED SALAD MANDARIN ORANGES WHEAT BREAD RANCH DRESSING
13	HOT DOG POTATO SALAD BROCCOLI PASTA SALAD FRUIT CRISP HOT DOG BUN MUSTARD	14	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	15	POT ROAST STEWED POTATOES CARROTS MANDARIN ORANGES WHEAT BREAD MARGARINE	16	SLICED HAM BLACK BEAN CORN RELISH CUCUMBER & ONION FRESH ORANGE WHEAT BREAD MAYO	17	<b>THEME DAY</b> MARCH MADNESS CHEESE PIZZA (2) TOSSED SALAD PINEAPPLE RANCH DRESSING <b>CONGREGATE MEALS</b>
20	PIMENTO CHEESE BROCCOLI SOUP PINEAPPLE WHITE BREAD	21	SLICED TURKEY BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN HAMBURGER BUN MUSTARD	22	ITALIAN BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE	23	BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT MARGARINE	24	PINTO BEANS CORN CALIFORNIA BLEND VEGETABLES APPLESAUCE CORNBREAD MARGARINE
27	BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE	28	PORK ROAST STUFFING BROCCOLI FRUIT CRISP WHEAT BREAD MARGARINE	29	PARMESAN CHICKEN PARSLEY POTATOES GREEN BEANS PINEAPPLE DINNER ROLL MARGARINE	30	CHICKEN TETRAZZINI BRUSSELS SPROUTS PEACHES WHEAT BREAD MARGARINE	31	TUNA NOODLE CASSEROLE PEAS TROPICAL FRUIT WHEAT BREAD MARGARINE