

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM  
MAY 2023**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	2	BREADED PORK CHOP CHEESY POTATOES PEAS & CARROTS RAISINS WHEAT BREAD MARGARINE	3	PORK ROAST GRAVY STUFFING BROCCOLI FRUIT CRISP WHEAT BREAD MARGARINE	4	BREAKFAST MEAL: BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT MARGARINE	5	CHICKEN TETRAZZINI 6 OZ BRUSSELS SPROUTS PEACHES WHEAT BREAD MARGARINE
8	BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO	9	CHEESEBURGER BAKED BEANS COLESLAW BAKED APPLES HAMBURGER BUN KETCHUP	10	SLICED HAM POTATO SOUP MIXED FRUIT WHEAT BREAD SALTINE CRACKERS (1)	11	TURKEY & GRAVY ROASTED POTATOES CARROTS FRESH ORANGE WHEAT BREAD MARGARINE	12	CHICKEN SALAD PICKLED BEETS TOSSED SALAD FRESH APPLE WHEAT BREAD RANCH/ITALIAN
15	TURKEY & CHEESE COLE SLAW TROPICAL FRUIT OATMEAL COOKIE WHEAT BREAD MUSTARD	16	BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES PUDDING HAMBURGER BUN PICKLES (2)	17	PEPPER STEAK GRAVY NORTHERN BEANS SEASONED GREENS YOGURT DINNER ROLL MARGARINE	18	CHICKEN & GRAVY MASHED POTATOES GREEN BEANS BANANA WHITE BREAD (1) MARGARINE	19	VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (1) WHEAT CRACKERS (3)
22	MEATBALLS & GRAVY MASHED POTATOES PEAS FRUITED GELATIN DINNER ROLL MARGARINE	23	<b>THEME DAY</b> CHICKEN TACO REFRIED BEANS SHERBET LETTUCE/TOMATO CHEESEBURGER TORTILLA (2)	24	SALISBURY STEAK GRAVY SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE	25	CHICKEN TORTILLA SOUP TOSSED SALAD MANDARIN ORANGES SALTINE (1) WHEAT CRACKER (3) RANCH/ITALIAN	26	TUNA SALAD PEA SALAD TOSSED SALAD FRESH ORANGE WHEAT BREAD RANCH/ITALIAN
29	CLOSED FOR MEMORIAL DAY	30	ITALIAN BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL MARGARINE	31	POLISH SAUSAGE BLACK EYED PEAS CABBAGE PINEAPPLE HOT DOG BUN MUSTARD	<b>DIETARY TIPS:</b> ONE OF THE BEST AND EASIEST WAYS TO MAINTAIN A HEALTHY BODY WEIGHT: EAT LOW FAT OR NONFAT FOODS		<b>EXERCISE TIP:</b> FOR SOME EASY WAYS TO GET MORE ACTIVE TRY THESE: TAKE A WALK OR SWIM. TAKE THE STAIRS AND NOT THE ELEVATOR.	

