

1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM
NOVEMBER 2023**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DIETARY TIP EATING AT LEAST 2 SERVINGS OF FISH PER WEEK MAY REDUCE YOUR RISK FOR HEART DISEASE		EXERCISE TIP TAKE A BRISK WALK AFTER EATING YOUR HOLIDAY MEAL. DO NOT LAY DOWN FOR THAT NAP, WORK OFF YOUR MEAL		1	MEATLOAF GARLIC POTATOES PEAS FRUITED GELATIN WHEAT ROLL	2	BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINE	3	BEEF HOT DOG BAKED BEANS BROCCOLI PASTA SALAD FRUIT CRISP HOT DOG BUN MUSTARD
6	BEEF GOULASH (8 OZ) GREEN BEANS PINEAPPLE DINNER ROLL MARGARINE	7	BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT MARGARINE	8	PINTO BEANS CORN MANDARIN ORANGES CORNBREAD MARGARINE	9	HAM SLICE BLACK BEAN CORN SALSA CUCUMBER & ONION FRESH ORANGE WHEAT BREAD MAYO	10 Closed for Veterans Day 	
13	BBQ PORK LIMA BEANS CALIFORNIA BLEND PUDDING HAMBURGER BUN PICKLES	14	CHICKEN BROCCOLI CASSEROLE (6 OZ) SQUASH & ZUCCHINI FRESH APPLE DINNER ROLL CHOCOLATE MILK MARGARINE	15	BREADED CHICKEN HOMINY ITALIAN BLEND TROPICAL FRUIT HAMBURGER BUN MAYO	16	CHEESEBURGER BAKED BEANS COLESLAW FRUIT CRISP HAMBURGER BUN MUSTARD	17 HEARTY CHILI (8 OZ) TOSSED SALAD APPLESAUCE SALTINE (2 PACKS)	
20	MEATBALLS/ GRAVY CORN OKRA & TOMATOES PUDDING WHEAT BREAD MARGARINE	21	HAM SLICE POTATO SOUP MIXED FRUIT WHEAT BREAD MAYO	22	THEME DAY! TURKEY w/ GRAVY DRESSING MASHED POTATOES GREEN BEANS PUMPKIN PIE MARGARINE	23 CLOSED FOR THANKSGIVING		24 CLOSED FOR THANKSGIVING	
27	PEPPER STEAK NORTHERN BEANS SEASONED GREENS YOGURT DINNER ROLL MARGARINE	28	SLOPPY JOE CHEESY POTATOES PEAS & CARROTS RAISINS HAMBURGER BUN	29	PIMENTO CHEESE CREAM OF BROCCOLI SOUP PINEAPPLE WHITE BREAD	30	SALISBURY STEAK SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE		



November

