

1% MILK SHOULD BE SERVED
AT EACH MEAL

GRADD SENIOR NUTRITION PROGRAM
JANUARY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR NEW YEAR'S	2 PEPPER STEAK WITH GRAVY NORTHERN BEANS GREENS DINNER ROLL YOGURT MARGARINE	3 PIMENTO CHESE BROCCOLI SOUP PINEAPPLE WHITE BREAD SALTINE (1)	4 SLOPPY JOE CHEESY POTATOES PEAS & CARROTS BANANA HAMBURGER BUN	5 SLICED TURKEY BEAN SALAD CARROT RAISIN SALAD FRUITED JELLO HAMBURGER BUN MUSTARD
8 BEEF TACO LETTUCE/CHEESE DICED TOMATO REFRIED BEANS APPLESAUCE TORTILLAS (2)	9 CHICKEN VEGETABLE SOUP TOSSED SALAD YOGURT SALTINE (1) WHEAT CRACKERS (2) RANCH DRESSING	10 ITALIAN BAKED CHICKEN SWEET POTATOES GREEN BEANS MIXED FRUIT WHEAT ROLL MARGARINE	11 THEME DAY CHILI MAC (6OZ) TOSSED SALAD CAKE BREADSTICK SALTINE (1) ITALIAN DRESSING	12 BEEF STEW (8 OZ) BRUSSELS SPROUTS BAKED APPLES DINNER ROLL MARGARINE
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 POT ROAST W/ GRAVY STEWED POTATOES MIXED VEGETABLES MANDARIN ORANGES WHEAT BREAD (1) MARGARINE	17 CHICKEN SALAD PICKLED BEETS TOSSED SALAD FRESH APPLE WHEAT BREAD RANCH DRESSING	18 VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (3)	19 BEAN SOUP COLESLAW PEARS CORNBREAD MARGARINE
22 HOT DOG BAKED BEANS BROCCOLI PASTA SALAD FRUIT CRISP HOT DOG BUN MUSTARD	23 PINTO BEANS CORN MANDARIN ORANGES CORNBREAD MARGARINE	24 PASTA W/ MEAT SAUCE ITALIAN VEGETABLES PINEAPPLE DINNER ROLL MARGARINE	25 BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT MARGARINE	26 CHICKEN BROCCOLI CASSEROLE (6 OZ) SQUASH & ZUCCHINI FRESH APPLE DINNER ROLL MARGARINE
29 PORK ROAST STUFFING BROCCOLI APPLESAUCE WHEAT BREAD (1) MARGARINE	30 BBQ PORK LIMA BEANS CALIFORNIA BLEND PUDDING HAMBURGER BUN PICKLES (2) CHOCOLATE MILK	31 SLICED HAM BLACK BEAN CORN RELISH CUCUMBER & ONION FRESH ORANGE WHITE BREAD MAYO	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.

