




1% MILK SHOULD BE SERVED
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM
FEBRUARY 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EXERCISE TIP TAKE A 10 MINUTE BRISK WALK EVERY DAY, CLIMB STAIRS, GARDEN, CLEAN HOUSE BUDDY UP WITH A FRIEND GO TO THE PARK AND WALK</p>	<p>DIETARY TIP CHOOSE FAT FREE OR LOW FAT MILK OR YOGURT MORE OFTEN THAN CHEESE. THEY HAVE MORE POTASSIUM AND LESS SODIUM THAN CHEESE & ARE FORTIFIED WITH VIT D</p>		<p>1 BREADED CHICKEN HOMINY ITALIAN BLEND VEGETABLES TROPICAL FRUIT HAMBURGER BUN MAYO</p>	<p>2 HAMBURGER BAKED BEANS COLESLAW FRUIT CRISP HAMBURGER BUN MUSTARD</p>
<p>5 HAM (2 OZ) POTATO SOUP (8 OZ) MIXED FRUIT WHEAT BREAD SALTINE (1) MAYO</p>	<p>6 THEME DAY ORIENTAL CHICKEN STIR FRY VEGETABLES (8 OZ) EGG ROLLS (2) YOGURT FORTUNE COOKIE</p>	<p>7 HEARTY CHILI (8 OZ) TOSSED SALAD APPLESAUCE SALTINE (4) RANCH DRESSING</p>	<p>8 MEATBALLS W/ GRAVY CORN CABBAGE PUDDING WHEAT BREAD MARGARINE</p>	<p>9 SALISBURY STEAK SWEET POTATOES GREEN BEANS FRESH ORANGE WHEAT BREAD MARGARINE</p>
<p>12 CHICKEN W/ GRAVY MASHED POTATOES GREEN BEANS RAISINS WHEAT BREAD (1) MARGARINE</p>	<p>13 PEPPER STEAK W/GRAVY NORTHERN BEANS SEASONED GREENS YOGURT WHEAT DINNER ROLL MARGARINE</p>	<p>14 PIMENTO CHEESE CREAM OF BROCCOLI SOUP PINEAPPLE TIDBITS WHITE BREAD (2) SALTINE (1)</p> <p></p>	<p>15 SLOPPY JOE CHEESY POTATOES PEAS & CARROTS BANANA HAMBURGER BUN</p>	<p>16 TUNA SALAD BEAN SALAD CARROT RAISIN SALAD FRUITED GELATIN HAMBURGER BUN</p>
<p>19  CLOSED FOR PRESIDENT'S DAY</p>	<p>20 BEEF TACO (2 OZ) LETTUCE (2 OZ) CHEESE (2 OZ) DICED TOMATO (2 OZ) REFRIED BEANS (4 OZ) TORTILLA (2) APPLESAUCE</p>	<p>21 STUFFED PEPPER CASSEROLE (6 OZ) MASHED POTATOES PEACHES WHEAT BREAD (2) MARGARINE</p>	<p>22 CHICKEN VEGETABLE SOUP (8 OZ) TOSSED SALAD YOGURT SALTINE (1) WHEAT CRACKER (2) ITALIAN DRESSING</p>	<p>23 LOADED BAKED POTATO BROCCOLI & CHEESE MIXED FRUIT DINNER ROLL SOUR CREAM (1) MARGARINE (2)</p>
<p>26 MEATLOAF MASHED POTATOES GREEN PEAS FRUITED GELATIN WHEAT DINNER ROLL MARGARINE</p>	<p>27 POT ROAST W/GRAVY STEWED POTATOES MIXED VEGETABLES MANDARIN ORANGES WHEAT BREAD (1) MARGARINE</p>	<p>28 VEGETABLE SOUP COTTAGE CHEESE PEACHES SALTINE (3)</p>	<p>29 CHICKEN SALAD PICKLED BEETS TOSSED SALAD FRESH APPLE RANCH DRESSING</p>	<p></p>

