



1% Milk should be served
At each meal.

GRADD SENIOR NUTRITION PROGRAM

MARCH 2024

Whole Wheat Products should be
(2 slices or 2 oz) unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
	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 each day. It helps maintain cholesterol and blood pressure levels and weight.		1 Bean Soup 8 oz. Coleslaw Diced Pears Cornbread Margarine
4 Beef Hot Dog/Bun Baked Beans Broccoli Pasta Salad Fruit Crisp Mustard	5 Pasta w/Meat Sauce 8 oz. Italian Vegetables Dinner Roll Margarine	6 Chicken Broccoli Casserole 6 oz. Squash & Zucchini Fresh Apple Dinner Roll/Margarine	7 Breakfast Ham Breakfast Potatoes Baked Apples Banana Biscuit/Margarine	8 Congregate Cheese Pizza 2 slices Tossed Salad w/dressing Sliced Peaches Home Delivered: Pimento Cheese Cream of Broccoli Soup Sliced Peaches White Bread
11 Pork Roast/Gravy Stuffing Steamed Broccoli Applesauce Wheat Bread/Margarine	12 BBQ Pork/Bun Lima Beans California Blend Vegetables Chocolate Milk	13 Sliced Ham (2 oz) Black Bean Corn Relish Cucumber Onion Salad Fresh Orange White Bread/Mayo	14 Grilled Chicken Patty Hominy Italian Blend Veggies Tropical Fruit Bun/Mayo	15 Tuna Salad Coleslaw Tropical Fruit Cookie Wheat Bread
18 Ham (2 oz) Potato Soup (8 oz) Mixed Fruit Wheat Bread/Mayo	19 Turkey & Gravy Oven Roasted Potatoes Carrots Pineapple Tidbits White Bread (1) Margarine	20 Hearty Chili (8 oz) Tossed Salad/Dressing Applesauce Saltine (2 packs)	21 Meatballs w/Gravy Corn Steamed Cabbage Pudding Wheat Bread/Margarine	22 Loaded Baked Potato w/Broccoli & Cheese Mixed Fruit Dinner Roll Sour Cream 1/Butter 2
25 Chicken & Gravy Mashed Potatoes Green Beans Raisins White Bread 1/Butter	26 Pepper Steak w/Gravy Northern Beans Seasoned Greens Yogurt Roll/Margarine	27 Sloppy Joe/Bun Cheesy Potatoes Peas & Carrots Banana	28 Sliced Turkey Bean Salad Carrot Raisin Salad Fruited Gelatin Bun/Mustard	29 NO MEALS in observance of Good Friday 