

1% MILK SHOULD BE SERVED AT EACH MEAL
 WHOLE WHEAT PRODUCTS SHOULD BE 2 SLICES OR 2 OZ.
 UNLESS OTHERWISE NOTED

APRIL 2024 GRADD



MON	TUE	WED	THU	FRI
1 BEEF STEW 8 OZ BRUSSELS SPROUTS 4 OZ HAWAIIAN ROLL 1/ BUTTER BAKED APPLES 4 OZ	2 MEATLOAF W/ KETCHUP 1 MASHED POTATOES 4 OZ GREEN PEAS 4 OZ WHEAT ROLL 1/ MARGARINE FRUITED GELATIN 4 OZ	3 POT ROAST W/ GRAVY 3 OZ STEWED POTATOES 4 OZ MIXED VEGETABLES 4 OZ WHEAT BREAD (1)/ BUTTER MANDARIN ORANGES 4 OZ	4 VEGETABLE SOUP 8 OZ COTTAGE CHEESE 3 OZ SALTINE CRACKERS 3 PACKS CHILLED PEACHES 4 OZ	5 CHICKEN SALAD 2 OZ PICKLED BEETS 4 OZ TOSSED SALAD WHEAT BREAD 2 FRESH APPLE/ DRESSING
8 CHICKEN W/ GRAVY MASHED POTATOES GREEN BEANS WHITE BREAD 1 RAISINS	9 BEEF HOT DOG ON BUN BAKED BEANS BROCCOLI PASTA SALAD FRUIT CRISP MUSTARD	10 PASTA W/ MEAT SAUCE 8 OZ ITALIAN VEGETABLES DINNER ROLL/ MARGARINE PINEAPPLE TIDBITS	11 PINTO BEANS 8 OZ CORN CORNBREAD/ MARGARINE MANDARIN ORANGES	12 BAKED HAM 2 OZ BREAKFAST POTATOES BAKED APPLES BANANA/ BISCUIT
15 CHICKEN BROCCOLI CASS. SQUASH & ZUCCHINI DINNER ROLL/ MARGARINE FRESH APPLE	16 PORK ROAST W/ STUFFING BLACK EYED PEAS PEACHES DINNER ROLL/ MARGARINE	17 BBQ PORK LIMA BEANS CALIFORNIA BLEND VEG PUDDING BUN/ CHOCOLATE MILK	18 SLICED HAM 2 OZ BLACK BEAN CORN SALSA CUCUMBER ONION SALAD FRESH ORANGE WHITE BREAD	19 BREADED CHICKEN PATTY HOMINY ITALIAN BLEND VEGGIES TROPICAL FRUIT HAMBURGER BUN/ MAYO
22 PEPPER STEAK W/ GRAVY NORTHERN BEANS SEASONED GREENS DINNER ROLL/ MARGARINE YOGURT	23 *THEME DAY* ORIENTAL CHICKEN STIR FRY VEGETABLES 8 OZ EGG ROLLS 2 FORTUNE COOKIE/ SHERBET	24 TURKEY & GRAVY ROASTED POTATOES CARROTS WHITE BREAD 1/ BUTTER PINEAPPLE TIDBITS	25 TUNA SALAD ON WHITE BREAD COLESLAW TROPICAL FRUIT OATMEAL COOKIE	26 MEATBALLS W/ GRAVY CORN CABBAGE WHEAT BREAD 2/ BUTTER PUDDING
29 HAMBURGER ON BUN BAKED BEANS COLESLAW FRUIT CRISP MARGARINE	30 BEAN SOUP 8 OZ COLESLAW CORNBREAD DICED PEARS MARGARINE		DIETARY TIP INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTEROL AND AIDS IN DIGESTION	EXERCISE TIP MAINTAIN A HEALTHY BLOOD PRESSURE. EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.