

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

MAY 2024 GRADD



MON	TUE	WED	THU	FRI
<p>DIETARY TIP</p> <p>ONE OF THE BEST AND EASIEST WAYS TO MAINTAIN A HEALTHY BODY WEIGHT: EAT LOW FAT OR NONFAT FOODS.</p>	<p>EXERCISE TIP</p> <p>FOR SOME EASY WAYS TO GET MORE ACTIVE TRY THESE: TAKE A WALK OR SWIM. TAKE THE STAIRS AND NOT THE ELEVATOR.</p>	<p>1 SALISBURY STEAK w GRAVY SMASHED SWEET POTATOES SEASONED GREEN BEANS FRESH ORANGE WHEAT BREAD (2)/ MARGARINE</p>	<p>2 BBQ CHICKEN CHEESY POTATOES PEAS AND CARROTS BANANA HAMBURGER BUN</p>	<p>3 PIMENTO CHEESE CREAM OF BROCCOLI SOUP PINEAPPLE TIDBITS WHITE BREAD</p>
<p>6 DELI SLICED TURKEY (2 OZ) ITALIAN ROTINI SALAD CARROT RAISIN SALAD MANDARIN ORANGES HAMBURGER BUN/MUSTARD</p>	<p>7 BEEF TACO/CHEESE (2 OZ EA) LETTUCE/TOMATO (4 OZ EA) REFRIED BEANS APPLESAUCE 2 TORTILLAS</p>	<p>8 PARMESAN CHICKEN SMASHED SWEET POTATOES GREEN BEANS MIXED FRUIT DINNER ROLL/ MARGARINE</p>	<p>9 CHICKEN VEGETABLE SOUP TOSSED SALAD YOGURT RANCH DRESSING SALTINE (3)</p>	<p>10 STUFFED GREEN PEPPER CASSEROLE (6 OZ) MASHED POTATOES PEACHES WHEAT BREAD/ MARGARINE</p>
<p>13 BEEF STEW (8 OZ) BRUSSELS SPROUTS BAKED APPLES HAWAIIAN ROLL MARGARINE</p>	<p>14 MEATLOAF w KETCHUP GARLIC MASHED POTOATES GREEN PEAS FRUITED GELATIN DINNER ROLL/ MARGARINE</p>	<p>15 POT ROAST w GRAVY STEWED POTATOES MIXED VEGETABLES MANDARIN ORANGES WHEAT BREAD (1)/ MARGARINE</p>	<p>16 VEGETABLE SOUP COTTAGE CHEESE (3 OZ) PEACHES SALTIINE (3)</p>	<p>17 CHICKEN SALAD BEETS TOSSED SALAD FRESH APPLE WEAT BREAD (2)/ RANCH</p>
<p>20 CHICKEN w GRAVY MASHED POTATOES GREEN BEANS RAISINS WHITE BREAD (1)/ MARGARINE</p>	<p>21 BEEF HOTDOG BAKED BEANS BROCCOLI PASTA SALAD FRUIT CRISP HOTDOG BUN/ MUSTARD</p>	<p>22 SPAGHETTI w SAUCE (8 OZ) ITALIAN VEGETABLES PINEAPPLE TIDBITS DINNER ROLL MARGARINE</p>	<p>23 THEME DAY! HAMBURGER ON BUN PASTA SALAD BAKED BEANS SHERBET/ MUSTARD</p>	<p>24 BAKED HAM BREAKFAST POTATOES BAKED APPLES BANANA BISCUIT/ MARGARINE</p>
<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>28 PORK ROAST STUFFING BLACK EYED PEAS PEACHES DINNER ROLL/ MARGARINE</p>	<p>29 BBQ PORK LIMA BEANS CALIFORNIA BLEND VEGGIES PUDDING BUN/ CHOC MILK</p>	<p>30 SLICED HAM BEAN & CORN RELISH CUCUMBER ONION SALAD FRESH ORANGE WHITE BREAD (2)/ MAYO</p>	<p>31 BREADED CHICKEN HOMINY ITALIAN BLEND VEGGIES TROPICAL FRUIT BUN/ MAYO</p>