

1% MILK SHOULD BE SERVED  
AT EACH MEAL

**GRADD SENIOR NUTRITION PROGRAM,  
MAY 2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DIETARY TIPS:</b> ONE OF THE BEST AND EASIEST WAYS TO MAINTAIN A HEALTHY BODY WEIGHT: EAT LOW FAT OR NONFAT FOODS</p>	<p><b>EXERCISE TIP:</b> 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 BREADED CHICKEN PATTY WHEAT BUN BRUSSELS SPROUTS HOMINY MIXED FRUIT MAYO</p>	<p>2 SLICED HAM WHEAT BREAD ROASTED POTATOES LAYER SALAD PINEAPPLE MAYO</p>	<p>3 MEATLOAF PARSLEY POTATOES CABBAGE &amp; CARROTS MARGARINE DINNER ROLL SLICED PEACHES</p>
<p>6 PINTO BEANS 6oz BUTTERED CORN MIXED GREENS CORNBREAD MARGARINE PEARSAUCE VINEGAR</p>	<p>7 SLICED TURKEY CHEESE WHEAT BREAD COLE SLAW TROPICAL FRUIT OATMEAL COOKIE MUSTARD</p>	<p>8 POT ROAST MASHED POTATOES SLICED CARROTS WHEAT BREAD MARGARINE FRESH FLORIDA ORANGE</p>	<p>9 CHICKEN SALAD WHEAT BREAD PICKLED BEETS TOSSED SALAD SALAD DRESSING FRESH APPLE</p>	<p>10 POLISH SAUSAGE 2 oz BLACKEYED PEAS CABBAGE WHOLE GRAIN BUN TROPICAL FRUIT MUSTARD</p>
<p>13 PIMENTO CHEESE WHITE BREAD CREAM of BROCCOLI SOUP SLICED PEACHES SALTINES</p>	<p>14 BAKED CHICKEN BREAST MIXED VEGETABLES CABBAGE WHEAT BREAD MARGARINE APPLESAUCE</p>	<p>15 BBQ PULLED CHICKEN CHEESY POTATOES GREEN BEANS BANANA WHOLE GRAIN BUN</p>	<p>16 SLOPPY JOE WHEAT BUN PARSLEY POTATOES SLICED CARROTS FRESH APPLE</p>	<p>17 SLICED TURKEY WHOLE WHEAT BUN VEGETABLE SOUP RAISINS SALTINES MUSTARD</p>
<p>20 BBQ PULLED PORK LIMA BEANS CALIFORNIA BLEND VEGETABLES WHITE BREAD PUDDING PICKLES</p>	<p>21 ITALIAN PARMESAN CHICKEN POTATOES AU GRATIN CHOPPED SPINACH WHITE BREAD JELLO w/ FRUIT VINEGAR</p>	<p>22 POLISH SAUSAGE 2 oz BLACKEYED PEAS CABBAGE WHOLE GRAIN BUN PINEAPPLE MUSTARD</p>	<p>23 TUNA SALAD WHITE BREAD MIXED BEAN SOUP MANDARIN ORANGES SALTINES</p>	<p>24 CHEESEBURGER WHOLE GRAIN BUN BAKED BEANS COLESLAW BAKED APPLES KETCHUP ONIONS</p>
<p>27 <b>CLOSED</b></p> 	<p>28 BEEF FRANK WHOLE GRAIN BUN ROASTED POTATOES GREEN BEANS CHILLED YOGURT MUSTARD</p>	<p>29 PORK ROAST STUFFING CALIFORNIA BLEND WHOLE WHEAT BREAD MARGARINE BAKED APPLES</p>	<p>30 THEME DAY HAMBURGER WHEAT BUN BAKED BEANS BROCCOLI PASTA SALAD SHERBET KETCHUP / ONIONS</p>	<p>31 BREADED PORK CHOP SWEET POTATOES PEAS &amp; CARROTS WHEAT BREAD MARGARINE FRUIT CRISP</p>