



Sixty & Better Activity Center Menu February 2018

Cycle 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p> Meal ≥ 1000mg Sodium</p> <p># New Menu Item</p> <p>* - Notates soy containing items ≤6.5% total volume</p> <p> - Vegetarian Entrée</p>			<p>Meatloaf* </p> <p>Brown Gravy</p> <p>Ranch Whipped Potatoes#</p> <p>Broccoli and Cauliflower</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> <p>Birthday Cake </p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 776 24.8gm Fat 1</p>	<p>Bean Chili </p> <p>Parslied Rice</p> <p>Spinach</p> <p>Cornbread</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 854 19.4gm Fat 2</p>
<p>Beef with Mushroom Gravy* </p> <p>Whipped Potatoes</p> <p>Capri Vegetables</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 642 21.6gm Fat 5</p>	<p>Sloppy Joe </p> <p>Tater Gems</p> <p>Italian Green Beans</p> <p>Hamburger Bun</p> <p>Fudge Cream Cookie</p> <p>Milk</p> <p>Diet – Same</p> <p>Cal: 794 31.9gm Fat 6</p>	<p>Chicken Alfredo</p> <p>Broccoli and Carrots</p> <p>Squash Medley</p> <p>Whole Wheat Breadstick</p> <p>Fresh Banana</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 622 10.2gm Fat 7</p>	<p>BBQ Pork Rib Patty* </p> <p>Tomato Spoon Relish </p> <p>Ranch Beans</p> <p>Hamburger Bun</p> <p>Peach Cobbler</p> <p>Milk</p> <p>Diet – Spiced Peaches</p> <p>Cal: 888 24.5gm Fat 8</p>	<p>Potato Crusted Fish </p> <p>Lemon Oregano Pasta# </p> <p>Spring Vegetables</p> <p>Dinner Roll</p> <p>Peach Cobbler</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Vanilla Pudding</p> <p>Cal: 894 28.2gm Fat 9</p>
<p>Alfredo Chicken Meatballs* </p> <p>Parslied Penne Pasta </p> <p>Scalloped Tomatoes</p> <p>Whole Wheat Bread</p> <p>Fruited Cherry Gelatin</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Fruited Gelatin</p> <p>Cal: 751 23.4gm Fat 12</p>	<p>Smoked Sausage </p> <p>Whole Kernel Corn </p> <p>Brussels Sprouts</p> <p>Hot Dog Bun</p> <p>Oatmeal Cream Cookie</p> <p>Milk</p> <p>Mustard</p> <p>Diet – Same</p> <p>Cal: 680 21.8gm Fat 13</p>	<p>Ash Wednesday/Valentine's Day</p> <p>10 Grain Pollock</p> <p>Confetti Rice</p> <p>Herbed Green Beans</p> <p>Dinner Roll</p> <p>Strawberry Cake</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 788 23.0gm Fat 14</p>	<p>Hamburger Patty* </p> <p>Sliced Cheese </p> <p>Lettuce/Tomato/Onion</p> <p>Baked Beans</p> <p>Hamburger Bun</p> <p>Apple Cobbler</p> <p>Milk</p> <p>Mayonnaise and Mustard</p> <p>Diet – Cinnamon Applesauce</p> <p>Cal: 899 29.4gm Fat 15</p>	<p>Lent </p> <p>Cheese Omelet </p> <p>O'Brien Potatoes</p> <p>Sliced Carrots</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Picante Sauce</p> <p>Diet – Same</p> <p>Cal: 611 21.1gm Fat 16</p>
<p>Country Fried Steak* </p> <p>Country Gravy </p> <p>Garlic Whipped Potatoes</p> <p>Tangy Spinach#</p> <p>Dinner Roll</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 865 30.4gm Fat 19</p>	<p>Parmesan Chicken Patty </p> <p>Macaroni and Cheese </p> <p>Italian Vegetables</p> <p>Whole Wheat Bread</p> <p>Lemon Pudding</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Vanilla Pudding</p> <p>Cal: 714 22.5gm Fat 20</p>	<p>Beef Taco Meat</p> <p>Lettuce/Tomato/Onion</p> <p>Pinto Beans</p> <p>Flour Tortilla</p> <p>Peach Cobbler</p> <p>Milk</p> <p>Taco Sauce</p> <p>Diet – Pineapple Tidbits</p> <p>Cal: 790 23.2gm Fat 21</p>	<p>Glazed Ham</p> <p>Black-Eyed Peas</p> <p>Pinto Beans</p> <p>Mixed Greens</p> <p>Cornbread</p> <p>Fresh Banana</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 645 20.5gm Fat 22</p>	<p>Lent</p> <p>Potato Crusted Fish</p> <p>Rice Florentine</p> <p>Mixed Vegetables</p> <p>Whole Wheat Bread</p> <p>Gingerbread Cookie</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 696 24.7gm Fat 23</p>
<p>Baked Chicken Patty#</p> <p>Chicken Gravy</p> <p>Chuckwagon Corn</p> <p>Green Beans Amandine</p> <p>Dinner Roll</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 613 17.2gm Fat 26</p>	<p>Ground Beef Stew</p> <p>Lima Beans</p> <p>Spinach</p> <p>Cornbread</p> <p>Fudge Cream Cookie</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Same</p> <p>Cal: 905 36.5gm Fat 27</p>	<p>Chicken Quesadilla Casserole </p> <p>Spanish Rice</p> <p>Sliced Carrots</p> <p>Whole Wheat Bread</p> <p>Fruited Orange Gelatin</p> <p>Milk</p> <p>Margarine</p> <p>Diet – Fruited Gelatin</p> <p>Cal: 689 16.1gm Fat 28</p>		

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