



Sixty & Better Activity Center Menu January 2018

Cycle 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Closed for Holiday 1	Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Oatmeal Cream Cookie Milk Mustard Diet – Same <i>Cal: 680 21.8gm Fat</i> 2	Turkey Spaghetti Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 629 18.9gm Fat</i> 3	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit Birthday Cake Milk Mayonnaise and Mustard Diet – Same <i>Cal: 916 29.8gm Fat</i> 4	Cheese Omelet O'Brien Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit Milk Picante Sauce Diet – Same <i>Cal: 611 21.1gm Fat</i> 5
Country Fried Steak* Country Gravy Garlic Whipped Potatoes Tangy Spinach# Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 865 30.4gm Fat</i> 8	Parmesan Chicken Patty Macaroni and Cheese Italian Vegetables Whole Wheat Bread Lemon Pudding Milk Margarine Diet – Vanilla Pudding <i>Cal: 714 22.5gm Fat</i> 9	Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet – Pineapple Tidbits <i>Cal: 790 23.2gm Fat</i> 10	Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Banana Milk Margarine Diet – Same <i>Cal: 645 20.5gm Fat</i> 11	Potato Crusted Fish Rice Florentine Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same <i>Cal: 696 24.7gm Fat</i> 12
Closed for Holiday 15	Baked Chicken Patty# Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 613 17.2gm Fat</i> 16	Chicken Quesadilla Casserole Spanish Rice Sliced Carrots Whole Wheat Bread Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 689 16.1gm Fat</i> 17	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet – Mixed Fruit <i>Cal: 924 33.6gm Fat</i> 18	Three Cheese Ziti Bake# Squash Medley Broccoli Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 690 24.7gm Fat</i> 19
Swiss Steak Oven Roasted Potatoes California Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 641 26.4gm Fat</i> 22	Turkey Tetrazzini Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet – Pineapple Tidbits <i>Cal: 788 29.5gm Fat</i> 23	Ham and Kidney Beans# Cajun Rice Okra, Tomatoes, and Corn Cornbread Carnival Cookie Milk Margarine Diet – Cookie <i>Cal: 803 24.1gm Fat</i> 24	Oven Fried Chicken Thigh Green Peas Glazed Carrots Texas Bread Fruited Strawberry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 850 28.3gm Fat</i> 25	Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Oatmeal Cream Cookie Milk Diet – Same <i>Cal: 683 16.6gm Fat</i> 26
Cheesy Chicken Macaroni# Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 644 18.1gm Fat</i> 29	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Applesauce <i>Cal: 919 33.7gm Fat</i> 30	Turkey Breast with Gravy Roasted Sweet Potatoes Brussels Sprouts Dinner Roll Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 636 13.2gm Fat</i> 31	Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée	

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