



Sixty & Better Activity Center Menu

March 2018

Cycle 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée			Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Fresh Fruit Birthday Cake Milk Mayonnaise and Mustard Diet – Same <i>Cal: 923 34.1gm Fat 1</i>	Lent Three Cheese Ziti Bake# Squash Medley Broccoli Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 690 24.7gm Fat 2</i>
Swiss Steak Oven Roasted Potatoes California Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 641 26.4gm Fat 5</i>	Turkey Tetrizzini Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet – Pineapple Tidbits <i>Cal: 788 29.5gm Fat 6</i>	Ham and Kidney Beans# Cajun Rice Okra, Tomatoes, and Corn Cornbread Carnival Cookie Milk Margarine Diet – Cookie <i>Cal: 803 24.1gm Fat 7</i>	Oven Fried Chicken Thigh Green Peas Glazed Carrots Texas Bread Fruited Strawberry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 850 28.3gm Fat 8</i>	Lent Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Oatmeal Cream Cookie Milk Diet – Same <i>Cal: 683 16.6gm Fat 9</i>
Cheesy Chicken Macaroni# Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 644 18.1gm Fat 12</i>	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Applesauce <i>Cal: 919 33.7gm Fat 13</i>	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 14</i>	Meatloaf* Brown Gravy Ranch Whipped Potatoes# Broccoli and Cauliflower Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet – Same <i>Cal: 638 22.1gm Fat 15</i>	Lent Bean Chili Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 854 19.4gm Fat 16</i>
Beef with Mushroom Gravy* Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 642 21.6gm Fat 19</i>	Sloppy Joe Tater Gems Italian Green Beans Hamburger Bun Fudge Cream Cookie Milk Diet – Same <i>Cal: 794 31.9gm Fat 20</i>	Chicken Alfredo Broccoli and Carrots Squash Medley Whole Wheat Breadstick Fresh Banana Milk Margarine Diet – Same <i>Cal: 622 10.2gm Fat 21</i>	BBQ Pork Rib Patty* Tomato Spoon Relish Ranch Beans Hamburger Bun Peach Cobbler Milk Diet – Spiced Peaches <i>Cal: 888 24.5gm Fat 22</i>	Lent Potato Crusted Fish Lemon Oregano Pasta# Spring Vegetables Dinner Roll Banana Pudding Milk Margarine Diet – Vanilla Pudding <i>Cal: 894 28.2gm Fat 23</i>
Alfredo Chicken Meatballs* Parslied Penne Pasta Scalloped Tomatoes Whole Wheat Bread Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 751 23.4gm Fat 26</i>	Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Oatmeal Cream Cookie Milk Mustard Diet – Same <i>Cal: 680 21.8gm Fat 27</i>	Turkey Spaghetti Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 629 18.9gm Fat 28</i>	Easter Honey Glazed Ham Mashed Spiced Yams Broccoli Dinner Roll Coconut Cake Milk Margarine Diet – Same <i>Cal: 667 16.6gm Fat 29</i>	Lent Cheese Omelet O'Brien Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit Milk Picante Sauce Diet – Same <i>Cal: 611 21.1gm Fat 30</i>

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