



Sixty & Better Activity Center Menu

April 2018

Cycle 2, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Swedish Chicken Meatballs#* Macaroni and Cheese Country Tomatoes Whole Wheat Bread Fig Bar Milk Margarine Diet – Same <i>Cal: 802 31.8gm Fat 2</i>	10 Grain Pollock Dirty Rice Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Margarine Tartar Sauce Diet – Chocolate Pudding <i>Cal: 876 31.3gm Fat 3</i>	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet – Applesauce <i>Cal: 722 15.1gm Fat 4</i>	Balsamic Brown Sugar Chicken Breast# Penne Pasta Parslied Carrots Whole Wheat Bread Fresh Fruit Birthday Cake Milk Margarine Diet – Same <i>Cal: 833 19.9gm Fat 5</i>	Turkey Pastrami Swiss Cheese Lettuce and Tomato Potato Salad Whole Wheat Bread (2) Strawberry Shortcake Cookie Milk Mustard Diet – Cookie <i>Cal: 739 25.4gm Fat 6</i>
Turkey Tetrazzini Broccoli Ginger Carrots Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 656 18.6gm Fat 9</i>	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches <i>Cal: 963 37.7gm Fat 10</i>	Glazed Ham Lima Beans Okra and Tomatoes Cornbread Fresh Banana Milk Margarine Diet – Same <i>Cal: 732 20.2gm Fat 11</i>	Mexican Chicken Chili Parslied Rice Squash Medley Saltine Crackers Creamsicle Pudding Milk Margarine Diet – Vanilla Pudding <i>Cal: 657 14.1gm Fat 12</i>	Beef Burgundy* Delmonico Potatoes Brussels Sprouts Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet – Same <i>Cal: 662 27.1gm Fat 13</i>
Buffalo Chicken Patty# Parslied Penne Pasta Spring Vegetables Whole Wheat Breadstick Fruited Lime Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 627 16.1gm Fat 16</i>	Salisbury Beef* Brown Gravy Ranch Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 655 23.3gm Fat 17</i>	Chicken Salad Black-Eyed Pea Salad Tomato Spoon Relish Saltine Crackers Gingerbread Cookie Milk Diet – Same <i>Cal: 666 23.4gm Fat 18</i>	BBQ Pork Rib Patty* Chuckwagon Corn Cucumber Salad Hamburger Bun Apple Cobbler Milk Diet – Cinnamon Applesauce <i>Cal: 798 24.7gm Fat 19</i>	Turkey Pot Pie Cauliflower Green Beans Whole Wheat Bread Chocolate Chip Cookie Milk Margarine Diet – Cookie <i>Cal: 684 23.3gm Fat 20</i>
Three Cheese Ziti Parslied Carrots Scalloped Tomatoes Whole Wheat Breadstick Fudge Cream Cookie Milk Margarine Diet – Same <i>Cal: 795 27.5gm Fat 23</i>	Sausage Jambalaya# Squash Medley Green Beans Saltine Crackers Caramel Vanilla Pudding# Milk Diet – Vanilla Pudding <i>Cal: 655 19.4gm Fat 24</i>	Swiss Steak* Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana Milk Margarine Diet – Same <i>Cal: 668 20.7gm Fat 25</i>	Turkey Breast with Gravy Succotash Medley Cabbage Cornbread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 636 20.1gm Fat 26</i>	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits <i>Cal: 925 33.3gm Fat 27</i>
Sausage with Red Beans Cajun Rice Spinach Saltine Crackers Oatmeal Cream Cookie Milk Diet – Same <i>Cal: 722 18.6gm Fat 30</i>				Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée

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