



Sixty & Better Activity Center Menu

June 2018

Cycle 2, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume ✓ - Vegetarian Entrée				Turkey Pot Pie Cauliflower Green Beans Whole Wheat Bread Chocolate Chip Cookie Milk Margarine Diet – Cookie <i>Cal: 684 23.3gm Fat 1</i>
Three Cheese Ziti ✓ Parslied Carrots Scalloped Tomatoes Whole Wheat Breadstick Fudge Cream Cookie Milk Margarine Diet – Same <i>Cal: 795 27.5gm Fat 4</i>	Sausage Jambalaya# Squash Medley Green Beans Saltine Crackers Caramel Vanilla Pudding# Milk Diet – Vanilla Pudding <i>Cal: 655 19.4gm Fat 5</i>	Swiss Steak* Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana Milk Margarine Diet – Same <i>Cal: 668 20.7gm Fat 6</i>	Turkey Breast with Gravy Succotash Medley Cabbage Cornbread Birthday Cake Fresh Fruit Milk Margarine Diet – Same <i>Cal: 798 26.6gm Fat 7</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 8</i>
Sausage with Red Beans Cajun Rice Spinach Saltine Crackers Oatmeal Cream Cookie Milk Diet – Same <i>Cal: 722 18.6gm Fat 11</i>	Sloppy Joe Tater Gems Summer Vegetables Hamburger Bun Banana Pudding Milk Diet – Vanilla Pudding <i>Cal: 895 30.6gm Fat 12</i>	Oven Fried Chicken Thigh Macaroni and Cheese Country Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 913 36.0gm Fat 13</i>	Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Fresh Banana Milk Diet – Same <i>Cal: 622 10.1gm Fat 14</i>	Turkey Pasta Bolognese# Tossed Salad Herbed Green Beans Dinner Roll Apple Cobbler Milk Margarine Ranch Salad Dressing Diet – Spiced Pears <i>Cal: 850 29.9gm Fat 15</i>
Father's Day Country Fried Steak* Country Gravy Whipped Potatoes Catalina Vegetables Dinner Roll Nutty Buddy Bar Milk Margarine Diet – Same <i>Cal: 833 32.3gm Fat 18</i>	Juneteenth BBQ Chicken Patty Coleslaw Baked Beans Dinner Roll Peach Cobbler Milk Diet – Spiced Pears <i>Cal: 854 20.0gm Fat 19</i>	Cheese Omelet ✓ Parslied Potatoes Spinach Whole Wheat Bread Fresh Banana Milk Margarine Picante Sauce Diet – Same <i>Cal: 644 24.0gm Fat 20</i>	Turkey Noodle Casserole Sliced Carrots Cauliflower Dinner Roll Fruited Strawberry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 712 16.1gm Fat 21</i>	Chicken Quesadilla Casserole Mexican Rice Green Beans with Onions Saltine Crackers Fudge Cream Cookie Milk Margarine Diet – Same <i>Cal: 712 22.0gm Fat 22</i>
Swedish Chicken Meatballs#* Macaroni and Cheese Country Tomatoes Whole Wheat Bread Fig Bar Milk Margarine Diet – Same <i>Cal: 802 31.8gm Fat 25</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 26</i>	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet – Applesauce <i>Cal: 722 15.1gm Fat 27</i>	Balsamic Brown Sugar Chicken Breast# Penne Pasta Parslied Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 672 13.3gm Fat 28</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 29</i>

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