



Sixty & Better Activity Center Menu September 2018

Cycle 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Closed for Holiday 3	Turkey Supreme Squash Medley Diced Beets Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same <i>Cal: 673 20.7gm Fat</i> 4	Vegetable Lasagna Tossed Salad Sliced Carrots Whole Wheat Breadstick Cranapple Cobbler Milk Ranch Salad Dressing Margarine Diet – Cinnamon Applesauce <i>Cal: 737 22.9gm Fat</i> 5	Baked Chicken with Gravy Mashed Spiced Yams Herbed Green Beans Whole Wheat Bread Fresh Fruit BirthDay Cake Milk Margarine Diet – Same <i>Cal: 735 22.0gm Fat</i> 6	Beef with Mushroom Gravy* Lima Beans Country Tomatoes Cornbread Chocolate Chip Cookie Milk Margarine Diet – Cookie <i>Cal: 848 34.7gm Fat</i> 7
Rosemary Chicken Meatballs* Squash Rice Casserole# Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 696 25.8gm Fat</i> 10	Homestyle Ham Casserole# Cauliflower Spinach Dinner Roll Peanut Butter Cookie Milk Margarine Diet – Cookie <i>Cal: 673 21.4gm Fat</i> 11	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits <i>Cal: 977 37.6gm Fat</i> 12	Sliced Turkey Breast Swiss Cheese Lettuce and Tomato Green Pea Salad Whole Wheat Bread (2) Fudge Cream Cookie Milk Mustard Diet – Same <i>Cal: 688 22.7gm Fat</i> 13	Diez y Seis Fajita Chicken Mexican Rice Refried Beans Flour Tortilla Rocky Road Pudding# Milk Taco Sauce Diet – Chocolate Pudding <i>Cal: 808 19.5gm Fat</i> 14
Turkey Pot Pie Cauliflower Stewed Tomatoes Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet – Same <i>Cal: 621 21.2gm Fat</i> 17	Sloppy Joe Chuckwagon Corn Cucumber Salad Hamburger Bun Apple Cobbler Milk Diet – Cinnamon Applesauce <i>Cal: 769 24.9gm Fat</i> 18	10 Grain Pollock Brown Rice Catalina Vegetables Whole Wheat Bread Orange Gelatin Milk Tartar Sauce Diet – Gelatin <i>Cal: 694 18.9gm Fat</i> 19	Pizza Casserole# Broccoli Green Beans Dinner Roll Fresh Banana Milk Margarine Diet – Same <i>Cal: 761 27.7gm Fat</i> 20	Pork Carnitas Pinto Beans Fiesta Vegetables Flour Tortilla Chocolate Pudding Milk Taco Sauce Diet – Chocolate Pudding <i>Cal: 714 15.4gm Fat</i> 21
Salisbury Beef* Onion Gravy Garlic Whipped Potatoes Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 709 25.0gm Fat</i> 24	Sausage Gumbo# Dirty Rice Medley Cabbage Saltine Crackers Oatmeal Cookie Milk Diet – Cookie <i>Cal: 625 23.3gm Fat</i> 25	Oven Fried Chicken Breast Macaroni and Cheese Green Beans Dinner Roll Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 759 18.1gm Fat</i> 26	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches <i>Cal: 925 33.3gm Fat</i> 27	Tuna Salad Pasta Salad Tomato Spoon Relish Saltine Crackers Fudge Cream Cookie Milk Diet – Same <i>Cal: 603 16.0gm Fat</i> 28
				Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée

Sarah Hutsler, RD, LD #DT81463 4/17/18