



# Sixty & Better Activity Center Menu

## January 2019

Cycle 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Closed for New Year's Day</b>	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 854    Fat: 25g	Turkey Spaghetti Casserole Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit <b>Birthday Cake</b> Milk Margarine Diet - Same Cal: 798    Fat: 26g	Cheese Omelet ✓ O'Brien Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit Milk Picante Sauce Diet - Same Cal: 655    Fat: 25g
Country Fried Steak* Country Gravy Garlic Whipped Potatoes Tangy Spinach Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 831    Fat: 30g	Parmesan Chicken Patty Macaroni and Cheese Italian Vegetables Whole Wheat Bread Creamsicle Pudding Milk Margarine Diet - Vanilla Pudding Cal: 670    Fat: 19g	Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 797    Fat: 23g	Pineapple Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 653    Fat: 21g	10 Grain Pollock Rice Florentine Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet - Same Cal: 692    Fat: 22g
Baked Chicken Breast Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 604    Fat: 16g	Ground Beef Stew Lima Beans Spinach Cornbread Fudge Cream Cookie Milk Margarine Diet - Same Cal: 913    Fat: 37g	Chicken Fajitas Spanish Rice Sliced Carrots Flour Tortilla Fruited Orange Gelatin Milk Diet - Fruited Gelatin Cal: 617    Fat: 10g	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 966    Fat: 41g	Vegetarian Lasagna ✓ Squash Medley Broccoli Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 614    Fat: 17g
<b>Closed for Martin Luther King Jr. Day</b>	Chicken Alfredo Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet - Pineapple Tidbits Cal: 901    Fat: 26g	Ham and Kidney Beans Cajun Rice Okra, Tomatoes, and Corn Cornbread Carnival Cookie Milk Margarine Diet - Cookie Cal: 810    Fat: 24g	Oven Fried Chicken Thigh Green Peas Glazed Carrots Texas Bread Fruited Strawberry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 893    Fat: 33g	Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same Cal: 691    Fat: 17g
Cheesy Chicken Macaroni Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 651    Fat: 18g	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Applesauce Cal: 925    Fat: 34g	Sliced Turkey and Swiss Cheese Lettuce and Tomato Corn Salad Vegetable Soup Whole Wheat Bread (2) Banana Pudding Milk Mustard Diet - Vanilla Pudding Cal: 880    Fat: 24g	Meatloaf* Brown Gravy Ranch Whipped Potatoes Sliced Carrots Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet - Same Cal: 652    Fat: 23g	

New Menu Item

✓ Vegetarian Entrée

Meal > 1,000 mg sodium

\* Soy containing item (< 6.5% of total volume)

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