

SENIOR LUNCH PROGRAM

March 2016

Heathy Tip of the Month Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals. Whenever possible, make your snacks combinations snacks. Choose from two or more of the My Plate food groups: whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein or nuts. Try low-fat yogurt with fruit, or a small portion of nuts with an apple or banana. For more snack ideas see “Smart Snacking for Adults and Teens’ at www.eatright.org/nutritiontipsheets.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Veggie Lasagna, Caesar Salad w/ dressing, Strawberries -topping	2 Beef Tips w/ gravy, Jefferson Noodles, Spinach, Fruit Crisp	3 Cheddar Baked Fish, Potato Fingers, Coleslaw, Peaches, P. Butter Cookie	4 Cranberry Glazed Pork, Yam Patties, Greens, Citrus Cup /Pound cake	5
6  	7 Meatloaf, Mashed Potatoes, Cheesy Spinach,	8 Tuna Casserole, Caesar Salad w/ dressing, Fruit Cobbler	9 Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Vanilla Pudding	10 BBQ Beef Platter, Baked Beans, Greens , Peach Cobbler, Cornbread	11 Teriyaki Chicken, Brown Rice, Zucchini w/onions, Poke Cake	12
13	14 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	15 Maple Glazed Pork Chop, Potato Fingers, Confetti Coleslaw, Fruit Cobbler	16 Roasted Chicken, Corn Pudding, Green Beans, Mandarin/Gelatin Cubes	17 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/dressing, Rosy Pears	18 Honey Glazed Turkey, Sweet Potato Fingers, Squash Medley, Pound Cake,	19
20 	21 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Assorted Cake	22 Marinated Pork Roast, Baked Beans, Sweet & Sour Cabbage, Trifle	23 Beef King Casserole, Garden Salad/dressing Vegetable Medley, Hawaiian Cup	24 Oven Chicken, Chuckwagon Corn, Stewed Tomatoes, Fruit Cocktail , Cookie	25 Center Closed	26
27	28 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp	29 Cornflake Chicken, Del Monico Potatoes, Calico Coleslaw, Fruit, PB Cookie	30 Meat Sauce, Jefferson Noodles, Caesar Salad w/ dressing, Apricot & prunes stew	31 Turkey Croquette, Parmesan Potatoes, Confetti coleslaw, Fruit Trifle		

All meals are served with a choice of Skim or 2% Milk and Dinner Roll