




# Sixty & Better Activity Center Menu

## March 2020

Cycle 1, 2020

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| Swiss Steak* <br>Whipped Potatoes<br>California Vegetables<br>Whole Wheat Bread<br>All Fresh Apple Slices<br>Milk/Margarine<br><br>Cal 614 Fat:22g Sodium 631 mg<br>2-Mar | Chicken Alfredo<br>Tossed Salad<br>Green Beans<br>Whole Wheat Bread<br>Peach Cobbler<br>Milk/Margarine<br>Ranch Salad Dressing<br>Diet - Pineapple Tibits<br><br>Cal: 862 Fat: 25g Sodium: 1060mg<br>3-Mar                 | Ham and Kidney Beans<br>Caiun Rice<br>Okra.Tomatoes.& Corn<br>Conbread<br>Carnival Cookie<br>Milk/Margarine<br>Diet:Cookie<br><br>Cal: 819 Fat: 25g Sodium: 1046mg<br>4-Mar                     | Ovn Fried Chicken Thigh<br>Brussels Sprouts<br>Glazed Carrots<br>Texas Bread<br>All - Fresh Fruit<br>Milk/Margarine<br><br>Cal: 983 Fat: 38 Sodium: 941mg<br>5-Mar                              | Tuna Noodle Casserole#<br>Glazed Beets<br>Green Peas<br>Saltine Crackers<br>Glazed Chocolate Cake<br>Milk<br>Diet: cake<br><br>Cal: 762 Fat: 18g Sodium: 1265mg<br>6-Mar   |
| Cheesy Chicken Macaron<br>Green Beans w Onions<br>Stewed Tomatoes<br>Whole Wheat Bread<br>All Fresh Fruit<br>Milk/Margarine<br><br>Cal: 612 Fat: 17g Sodium: 1006mg<br>9-Mar   | Hamburger Pattv*<br>Sliced Cheese<br>Lettuce/Tomato/Onion<br>Chuckwagon Corn<br>Hamburger Bun<br>Cranapple Cobbler<br>Milk<br>Mayonnaise and Mustard<br>Diet - Applesauce<br><br>Cal: 944 Fat: 34g Sodium: 945mg<br>10-Mar | Sliced Turkey/S Cheese<br>Broccoli<br>Squash Medlev<br>Dinner Roll<br>All - Fresh Fruit<br>Milk/Margarine<br><br>Cal: 705 Fat: 19g Sodium: 579mg<br>11-Mar                                      | Meatloaf*<br>Brown Gravy<br>Sliced Carrots<br>Ranch Whipped Potatoes<br>Dinner Roll<br>Peanut Butter Cookie<br>Milk/Margarine<br>Diet: Cookie<br><br>Cal: 723 Fat: 26g Sodium: 1280mg<br>12-Mar | Bean Soup<br>Cheesy Baked Rice<br>Spinach<br>Cornbread<br>All - Fresh Fruit<br>Milk/Margarine<br><br><br>Cal: 739 Fat: 20g Sodium: 1156mg<br>13-Mar |
| Beef w Mushroom Gravy<br>Whipped Potatoes<br>Capri Vegetables<br>Whole Wheat Bread<br>All Fresh Fruit<br>Milk/Margarine<br><br>Cal: 634 Fat: 20g Sodium: 709mg<br>16-Mar   | Sloppy Joe<br>Oven Roasted Potatoes<br>Green Beans<br>Hamburger Bun<br>Cinnamon Sugar Cookie<br>Milk<br><br>Diet - Cookie<br><br>Cal: 689 Fat: 25g Sodium: 768mg<br>17-Mar   | Turkey Tetrizzini<br>Broccoli<br>Squash Medlev<br>Dinner Roll<br>All - Fresh Fruit<br>Milk & Margarine<br><br>Cal: 705 Fat 19g Sodium: 579mg<br>18-Mar  | Hot Ham & Cheese<br>Sandwich<br>Carrot Raisin Salad<br>Ranch Beans<br>HamburgerBun<br>Peach Cobbler<br>Milk<br>Diet: Spiced Peaches<br><br>Cal: 873 Fat: 24g Sodium: 1416mg<br>19-Mar           | Tuna Salad box lunch<br><br><br><br><br><br><br><br><br><br>20-Mar   |
| Orange Glazed Chicken<br>Thigh#<br>Jasmine Rice<br>Broccoli w/Red Peppers<br>Whole Wheat Bread<br>Cherry Gelatin<br>Milk/Margarine<br>Diet: Gelatin<br><br>Cal: 776 Fat: 29g Sodium: 571mg<br>23-Mar   | Turkey Spaghetti<br>Cauliflower<br>Herbed Green Beans<br>Whole Wheat Breadstick<br>All Fresh Fruit<br>Milk/Margarine<br><br>Cal: 621 Fat: 18g Sodium: 665mg<br>24-Mar  | Hamburger Pattv*<br>Lettuce/Tomato/Onion<br>Baked Beans<br>Hamburger Bun<br>Apple Cobbler<br>Milk/Mayo/Mustard<br>Diet: Cinnamon<br>Applesauce<br><br>Cal: 702 Fat: 25g Sodium: 953mg<br>25-Mar | Smoked Sausage<br>Whole Kernal Corn<br>Brussels Sprouts<br>Hot Dog Bun<br>All - Fresh Fruit<br>Milk<br>Mustard<br><br>Cal: 608 Fat: 17g Sodium: 1188mg<br>26-Mar                                | Vegetarian Pot Pie<br>Oven Roasted Sweet<br>Potatoes<br>Mixed Greens<br>Cornbread<br>All - Oatmeal Cream<br>Cookie<br>Milk/Margarine<br><br>Cal: 823 Fat: 28g Sodium: 878mg<br>27-Mar  |
| Turkey Brunswick Stew#<br>Whole Kernal Corn<br>Green Beans<br>Dinner Roll<br>All - Fresh Apple Slices<br>Milk/Margarine<br><br>Cal: 628 Fat: 17g Sodium: 753mg<br>30-Mar   | Parmesan Chicken<br>Macaroni & Cheese<br>Italian Vegetables<br>Whole Wheat Bread<br>Creamsicle Pudding<br>Milk/Margarine<br>Diet: Vanilla Pudding<br><br>Cal: 699 Fat: 17g Sodium: 1297mg<br>31-Mar                        |   |   |  |

#DT84287

# New Menu Item  
 Vegetarian Entrée

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

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