



# Sixty & Better Activity Center Menu

## September 2019

Cycle 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Closed for Labor Day</b></p> <p>2</p>	<p>Turkey Basil Pasta Salad </p> <p>Beet Salad</p> <p>Cucumber Salad</p> <p>Saltine Crackers</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>Diet - Cookie</p> <p>Cal: 756 Fat: 30g</p> <p>3</p>	<p>Vegetable Lasagna </p> <p>Tossed Salad </p> <p>Sliced Carrots</p> <p>Texas Bread</p> <p>Peach Cobbler</p> <p>Milk</p> <p>Ranch Salad Dressing</p> <p>Margarine</p> <p>Diet - Cinnamon Applesauce</p> <p>Cal: 805 Fat: 26g</p> <p>4</p>	<p>Apricot Baked Chicken</p> <p>Mashed Spiced Yams</p> <p>Herbed Green Beans</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> <p>Birthday Cake </p> <p>Milk</p> <p>Margarine</p> <p>Diet - Fruited Gelatin</p> <p>Cal: 752 Fat: 20g</p> <p>5</p>	<p>Sliced Ham </p> <p>Red Eye Gravy </p> <p>Lima Beans</p> <p>Country Tomatoes</p> <p>Cornbread</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Same</p> <p>Cal: 699 Fat: 21g</p> <p>6</p>
<p>Rosemary Beef Meatballs* </p> <p>Lemon Herb Pasta</p> <p>Mixed Vegetables</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Same</p> <p>Cal: 696 Fat: 23g</p> <p>9</p>	<p>Ham Fried Rice </p> <p>Broccoli with Red Peppers </p> <p>Squash Medley</p> <p>Dinner Roll</p> <p>Fortune Cookie</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Same</p> <p>Cal: 615 Fat: 19g</p> <p>10</p>	<p>Chicken Enchilada Pie </p> <p>Mexican Rice</p> <p>Spinach</p> <p>Saltine Crackers</p> <p>Creamsicle Pudding</p> <p>Milk</p> <p>Diet - Chocolate Pudding</p> <p>Cal: 741 Fat: 15g</p> <p>11</p>	<p>Sliced Turkey Pastrami </p> <p>Swiss Cheese</p> <p>Lettuce and Tomato</p> <p>Herbed Potato Salad</p> <p>Whole Wheat Bread (2)</p> <p>Fudge Cream Cookie</p> <p>Milk</p> <p>Mustard</p> <p>Diet - Same</p> <p>Cal: 703 Fat: 22g</p> <p>12</p>	<p>Hamburger Patty* </p> <p>Sliced Cheese</p> <p>Lettuce/Tomato/Onion</p> <p>Baked Beans</p> <p>Hamburger Bun</p> <p>Cranapple Cobbler</p> <p>Milk</p> <p>Mayonnaise and Mustard</p> <p>Diet - Pineapple Tidbits</p> <p>Cal: 996 Fat: 38g</p> <p>13</p>
<p><b>Diez y Seis Meal</b> </p> <p>Fajita Chicken</p> <p>Mexican Rice</p> <p>Refried Beans</p> <p>Flour Tortilla</p> <p>Glazed Cinnamon Cake</p> <p>Milk</p> <p>Taco Sauce</p> <p>Diet - Cinnamon Cake</p> <p>Cal: 853 Fat: 17g</p> <p>16</p>	<p>Sloppy Joe</p> <p>Whole Kernel Corn</p> <p>Cucumber Onion Salad</p> <p>Hamburger Bun</p> <p>Apple Cobbler</p> <p>Milk</p> <p>Diet - Cinnamon Applesauce</p> <p>Cal: 773 Fat: 25g</p> <p>17</p>	<p>Dijon Herb Chicken Thigh </p> <p>Brown Rice</p> <p>Catalina Vegetables</p> <p>Whole Wheat Bread</p> <p>Orange Gelatin</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Gelatin</p> <p>Cal: 766 Fat: 30g</p> <p>18</p>	<p>Pizza Casserole</p> <p>Broccoli</p> <p>Sliced Carrots</p> <p>Dinner Roll</p> <p>Fresh Banana</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Same</p> <p>Cal: 750 Fat: 27g</p> <p>19</p>	<p>Pork Carnitas </p> <p>Pinto Beans</p> <p>Fiesta Vegetables</p> <p>Flour Tortilla</p> <p>Chocolate Pudding</p> <p>Milk</p> <p>Taco Sauce</p> <p>Diet - Chocolate Pudding</p> <p>Cal: 732 Fat: 16g</p> <p>20</p>
<p>Chicken Gumbo</p> <p>Dirty Rice</p> <p>Medley Cabbage</p> <p>Saltine Crackers</p> <p>Oatmeal Cookie</p> <p>Milk</p> <p>Diet - Cookie</p> <p>Cal: 640 Fat: 19g</p> <p>23</p>	<p>Salisbury Beef*</p> <p>Onion Gravy</p> <p>Egg Noodles</p> <p>Spring Vegetables</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Same</p> <p>Cal: 713 Fat: 26g</p> <p>24</p>	<p>Oven Fried Chicken Thigh </p> <p>Ranch Whipped Potatoes</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Fruited Cherry Gelatin</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Fruited Gelatin</p> <p>Cal: 878 Fat: 31g</p> <p>25</p>	<p>Hamburger Patty* </p> <p>Lettuce/Tomato/Onion</p> <p>Pinto Beans</p> <p>Hamburger Bun</p> <p>Peach Cobbler</p> <p>Milk</p> <p>Mayonnaise and Mustard</p> <p>Diet - Spiced Peaches</p> <p>Cal: 915 Fat: 34g</p> <p>26</p>	<p>Chicken Salad</p> <p>Pasta Salad</p> <p>Tomato Mozzarella Salad </p> <p>Saltine Crackers</p> <p>Fresh Banana</p> <p>Milk</p> <p>Diet - Same</p> <p>Cal: 657 Fat: 18g</p> <p>27</p>

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New Menu Item  
 Vegetarian Entrée  
 Meal ≥ 1,000 mg sodium  
 \* Soy containing item ( ≤ 6.5% of total volume)