




# Sixty & Better Activity Center Menu

## January 2020

Cycle 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Glazed Chicken Thigh # Jasmine Rice Broccoli w/Red Peppers Whole Wheat Bread Cherry Gelatin Milk Margarine Diet - Gelatin Cal: 776 Fat: 29g Sodium: 571mg 30	Apple Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Pineapple Cake Milk Margarine Diet - Same Cal: 671 Fat: 20g Sodium: 1106mg 31	<b>Closed New Year's Day</b>  1	Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Fresh Fruit Birthday Cake  Milk Mustard Diet - Same Cal: 770 Fat: 24g Sodium: 1292mg 2	Vegetarian Pot Pie ✓ Oven Roasted Sweet Potatoes Mixed Greens Cornbread Oatmeal Cream Cookie Milk Margarine Diet - Same Cal: 823 Fat: 28g Sodium: 878mg 3
Turkey Brunswick Stew # Whole Kernel Corn Green Beans Dinner Roll Fresh Apple Slices Milk Margarine Diet - Same Cal: 628 Fat: 17g Sodium: 753mg 6	Parmesan Chicken Macaroni and Cheese Italian Vegetables Whole Wheat Bread Creamsicle Pudding Milk Margarine Diet - Vanilla Pudding Cal: 699 Fat: 17g Sodium: 1297mg 7	Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 837 Fat: 25g Sodium: 1059mg 8	Pineapple Glazed Ham Black-Eyed Peas Spinach Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 632 Fat: 20g Sodium: 913mg 9	Potato Crusted Fish Parslied Rice Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Tartar Sauce Diet - Same Cal: 753 Fat: 27g Sodium: 944mg 10
Baked Chicken Breast Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 604 Fat: 16g Sodium: 753mg 13	Ground Beef Stew Mixed Beans # Medley Cabbage Cornbread Fudge Cream Cookie Milk Margarine Diet - Same Cal: 893 Fat: 35g Sodium: 728mg 14	Chicken Fajitas Spanish Rice Sliced Carrots Flour Tortilla Fruited Orange Gelatin Milk Diet - Fruited Gelatin Cal: 630 Fat: 11g Sodium: 1001mg 15	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Roasted Ranch Potatoes # Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 930 Fat: 40g Sodium: 1281mg 16	Vegetarian Lasagna ✓ Squash Medley Cauliflower Whole Wheat Breadstick Fresh Banana Milk Margarine Diet - Same Cal: 631 Fat: 16g Sodium: 1011mg 17
<b>Closed MLK Day</b>  20	Chicken Alfredo Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet - Pineapple Tidbits Cal: 862 Fat: 25g Sodium: 1069mg 21	Ham and Kidney Beans Cajun Rice ✓ Okra, Tomatoes, and Corn Cornbread Carnival Cookie Milk Margarine Diet - Cookie Cal: 819 Fat: 25g Sodium: 1046mg 22	Oven Fried Chicken Thigh Brussels Sprouts Glazed Carrots Texas Bread Strawberry Gelatin Milk Margarine Diet - Gelatin Cal: 838 Fat: 31g Sodium: 970mg 23	Tuna Noodle Casserole # Glazed Beets Green Peas Saltine Crackers Glazed Chocolate Cake # Milk Diet - Cake Cal: 762 Fat: 18g Sodium: 1265mg 24
Cheesy Chicken Macaroni Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 612 Fat: 17g Sodium: 1006mg 27	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Applesauce Cal: 944 Fat: 34g Sodium: 945mg 28	Sliced Turkey and Swiss Cheese Lettuce and Tomato Vegetable Soup Whole Wheat Bread (2) Banana Pudding Milk Mustard Diet - Vanilla Pudding Cal: 814 Fat: 21g Sodium: 1521mg 29	Meatloaf* Brown Gravy Ranch Whipped Potatoes Sliced Carrots Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Cookie Cal: 723 Fat: 26g Sodium: 1280mg 30	Bean Soup ✓ Cheesy Baked Rice # Spinach Cornbread Fresh Fruit Milk Margarine Diet - Same Cal: 739 Fat: 20g Sodium: 1156mg 31

# New Menu Item

✓ Vegetarian Entrée

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