Clinton Senior Center

April 2024 Menu

Wheat Roll Wheat Roll Applesauce OR Nutrition Tortilas/Cnips Applesauce OR Applesauce OR Applesauce OR	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Spring Vegetables Viscout Tomatoes	April 1	April 2	April 3	April 4	April 5
▼Roasted Red Potatoes ▼Stewed Tomatoes Weat Roll ✓Roasted Red Potatoes ✓Corn Hushpuppies Wheat Bun Mixed Fruit OR Starburst Cake April 8 April 9 April 9 April 10 April 10 April 10 April 11 April 11 April 11 April 12 April 12 April 13 April 14 April 15 April 15 April 16 April 18 April 18 April 19	Chicken Parmesan	<u>Tamale Pie</u>	Pot Roast	BBQ Chicken Flatbread	<u>Fried Fish</u>
Wheat Bun Mixed Fruit QR Starburst Cake April 8 April 8 April 9 April 10	Sandwich	♥ Black Beans	▼ Baked Potatoes	▼ Normandy Vegetables	♥ Spinach
Mixed Fuit OR Starburst Cake April 8 April 9 April 10	♥ Spring Vegetables	♥ Stewed Tomatoes	♥ Baby Carrots	▼ Roasted Red Potatoes	♥ Corn
Mixed Fruit OR Starburs Cake April 8 April 9 April 10 April 10 April 11 April 12 April 12 April 10 April 11 April 12 April 12 April 12 April 13 April 14 April 15 April 15 April 15 April 16 April 16 April 16 April 16 April 17 April 17 April 18 April 18 April 19 April 19 April 10 Ap	▼ Roasted Red Potatoes	Tortillas/Chips	Wheat Roll	Flatbread	Hushpuppies
April 8 April 8 Chicken Salad Sandwich VPea Salad VChilled Tomato Salad Wheat Bread Wheat Roll Sliced Peaches QR Chocolate Chip Cookie April 15 Turkev Melt VSweet Potato Fries Wheat Roll Sliced Pears QR Lemon Bar April 22 April 22 April 23 April 24 April 24 April 24 April 25 Glazed Ham VAu Gratin Potatoes VNormandy Vegetables Wheat Roll Pineapple Tidbit QR VCarrots Wheat Roll Wheat Bun Mushroom Swiss Burger VAu Gratin Potatoes VNormandy Vegetables Wheat Roll Pineapple Tidbit QR Normandy Vegetables VNormandy Vegetables VNormandy Vegetables VNormandy Vegetables VSweet Potatoes Normandy Vegetables VSweet Potatoes Normandy Vegetables Vocarrots Wheat Roll	Wheat Bun	Applesauce <u>OR</u>	Blushed Pears OR	Cinnamon Apples OR	Mandarin Oranges OR
April 8 Chicken Salad Sandwich Pea Salad Wheat Bread Wheat Bread SF Gelatin with Pears OR Chocolate Chip Cookie April 15 Turkey Melt VCarrots Wheat Roll Wheat Roll Wheat Roll Meatloaf Wheat Roll Wheat Roll Mixed Fruit OR Poppyseed Cake Wheat Roll Wheat Roll Wheat Roll Wheat Roll Mixed Fruit OR Poppyseed Cake Wheat Roll Wheat Roll Wheat Roll Wheat Roll Wheat Roll Mixed Fruit OR Poppyseed Cake Wheat Roll Wheat Bread Sliced Peaches OR Coffee Blondies Care Connection Desserts Whoat Roll Pineapple Tidbits OR Carrots Wheat Roll April 22 Glazed Ham April 23 April 24 April 25 Glazed Ham April 26 Wheat Roll Pineapple Tidbits OR Coffee Blondies Care Connection Desserts Hrough the Deades 2023 April 25 Wheat Roll Pineapple Tidbit OR Brownie Peanut Butter Cookies Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich VBlack Beans VSpring Vegetables Wheat Roll Pineapple Tidbit OR Brownie April 30 Fried Chicken Wheat Roll April 26 Fish Sandwich VRasted Red Potatoes Wheat Roll SF Gelatin with Pears OR Chicken Breast, or Baked Fish available daily as heart healthy alterpatives by roonest April 29 Chicken Parmesan Sandwich VBlack Beans VSpring Vegetables Wheat Roll April 26 April 27 Chicken Parmesan Sandwich VBlack Beans VSpring Vegetables VSpring Vegetables VRoasted Red Potatoes Wheat Roll April 26 April 27 Chicken Parmesan Sandwich VBlack Beans VSpring Vegetables VSpring Vegetables VSpring Vegetables VSpring Vegetables VRoasted Red Potatoes VSpring Vegetables VRoasted Red Potatoes VSpring Vegetables VRoasted Red Potatoes VRoasted Red Potatoes VSpring Vegetables VRoasted Red Potatoes VSpring Vegetables VRoasted Red Potatoes VSpring Vegetables VRoasted Red Potatoes VRoasted Red Potatoes VSpring Vegetables VEGETABLE VLIMB April 16 April 18 April 19 Fried Chicken VMashed Potatoes VEGETABLE VLIMB April 19 Fried Chicken VMashed Potatoes VRoasted Red Potatoes VRoasted Red Potatoes VRoasted Red Potatoes VIII and Meat Sauce VIII and Meat Sauce VIII and Meat	Mixed Fruit OR	Oatmeal Cookie	Mini Cheesecake	Cinnamon Roll	Cook's Feature
Chicken Salad Sandwich Yea Salad Yearrots Yearlot Tomato Salad Wheat Bread Wheat Roll Wheat Roll Sliced Peaches OR Chocolate Chip Cookie Tes Leches Cake Wheat Roll Wheat Roll Sliced Peaches OR Chocolate Chip Cookie Tes Leches Cake Tes Leches Cake Wheat Roll Wheat Roll Pineapple Tidbit OR Red Velvet Cake Wheat Roll Pineapple Tidbit OR April 15 April 16 Meatloaf Wheat Broad Sliced Pears OR Coffee Blondies Carrots Wheat Broad Wheat Bro	Starburst Cake				
Very Net Potato Fries Very Net Roll Very Net Roll Very Net Broad Very Net Roll Ve	April 8	April 9	April 10	April 11	April 12
VChilled Tomato Salad Wheat Roll Wheat Roll Wheat Roll Wheat Roll Sliced Peaches OR Chocolate Chip Cookie Tres Leches Cake Tres Leches Cake Wheat Roll Wheat Roll Blushed Pears OR Cook's Feature VE Meat Bread Wheat Roll Blushed Pears OR Cook's Feature VE VE VE VE VE VE VE V	Chicken Salad Sandwich	<u>Goulash</u>	Salisbury Steak	Ham and Beans	<u>Lasagna</u>
Wheat Bread SF Gelatin with Pears OR Chocolate Chip Cookie April 15 Turkey Melt Sweet Potato Fries Wheat Roll Wheat Roll Wheat Roll Wheat Roll Mixed Fruit OR Poppyseed Cake April 15 Turkey Melt Sweet Potato Fries Whashed Potatoes/Gravy Wheat Roll Wheat Roll Mixed Fruit OR Poppyseed Cake April 17 BBQ Pork Wheat Bun Wheat Roll Wheat Roll Wheat Roll Wheat Sauce Wheat Roll Wheat Roll April 18 Spaghetti and Meat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Roll Spaghetti and Meat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Roll Spaghetti and Meat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Roll Spaghetti and Meat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Sauce WItalian Vegetables Wheat Roll Wheat Roll Spaghetti and Meat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Roll Wheat Roll Spaghetti and Meat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Roll Wheat Roll Blushed Pears OR Cook's Feature WItalian Vegetables Wheat Roll Wheat Roll Wheat Sauce WItalian Vegetables Wheat Roll Wheat Roll Wheat Roll Wheat Roll Wheat Roll Wheat Bun April 24 April 25 April 25 Wheat Roll April 25 April 25 Wheat Roll	♥ Pea Salad	♥ <u>Carrots</u>	Liver and Onions	♥ Spinach	♥ Broccoli
SF Gelatin with Pears OR Chocolate Chip Cookie April 15 Turkev Melt Sweet Potato Fries Wheat Bread Sliced Pears OR Lemon Bar April 22 Glazed Ham VAu Gratin Potatoes Wheat Bun Pineapple Tidbit OR Poppyseed Cake Mixed Fruit OR Poppyseed Cake April 17 BBQ Pork WBaked Beans Wheat Bun Mandarin Oranges OR Cherry Crisp Carc Connection Descrits through the Decades 2023 Mushroom Swiss Burger Wheat Bun Pineapple Tidbit OR Poppyseed Cake April 24 Glazed Ham VAu Gratin Potatoes Wheat Bun Pineapple Tidbit OR Poppyseed Cake April 25 Glazed Ham WAu Gratin Potatoes Wheat Bun Pineapple Tidbit OR Poppyseed Cake April 24 Glazed Ham Wheat Roll Pineapple Tidbit OR Poppyseed Cake April 25 Glazed Ham Wheat Roll Pineapple Tidbit OR Poppyseed Cake April 26 Wheat Roll Pineapple Tidbit OR Poppyseed Cake Wheat Roll Pineapple Tidbit OR Poppyseed Cake Wheat Bun Wheat Bun Wheat Bun Pineapple Tidbit OR Poppyseed Cake Wheat Bun Wheat Bun Wheat Bun Siliced Pears OR Cook's Feature Wheat Roll April 18 Spaghetti and Meat Sauce Wheat Roll April 18 Spaghetti and Meat Sauce Wheat Roll April 19 Fried Fish Wsoated Potatoes Wheat Roll April 19 Fried Fish Wsoated Potatoes Wheat Roll April 25 Fish Sandwich Wheat Bun Wheat Bun Wheat Bun Wheat Bun Wheat Bun Wheat Bun SF Gelatin with Pineapple OR Cook's Feature Washed Potatoes/Gravy Windicates Heart Healthy Item BBQ Pork Wheat Roll April 19 Fried Fish April 19 Fried Fish Yeasted Red Potatoes Wheat Roll April 25 Fish Sandwich Washed Potatoes Wheat Roll April 25 Fish Sandwich Wheat Bun Whea	♥ Chilled Tomato Salad	♥ <u>Corn</u>	▼ Mashed Potatoes/Gravy	▼ Harvard Beets	▼ Lima Beans
Tres Leches Cake		Wheat Roll	♥ California Vegetables	Wheat Roll	
April 15 Turkey Melt Sweet Potato Fries Whashed Potatoes/Gravy Wheat Broad Sliced Pears OR Lemon Bar April 22 Glazed Ham VAu Gratin Potatoes Wheat Roll Pineapple Tidbit OR Brownie Wheat Bun Wheat Bun April 23 April 23 April 24 Glazed Ham VAu Gratin Potatoes Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll Wheat Roll April 26 April 30 April 30 April 30 April 27 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll April 30 April 30 April 30 April 30 April 30 April 4 Fish Sandwich VSweet Potato Fries Wheat Bun Wheat B	SF Gelatin with Pears OR	Sliced Peaches OR	Wheat Roll	Pineapple Tidbit OR	Blushed Pears OR
April 15 Turkey Melt **Sweet Potato Fries **Washed Potatoes/Gravy **Weat Roll **Pineapple Tidbits OR Coffee Blondies Care Connection Desserts through the Decades 2023 April 22 April 23 April 24 April 24 **Glazed Ham **Au Gratin Potatoes **Normandy Vegetables **Wheat Roll Pineapple Tidbit OR Peanut Butter Cookies **Wheat Bun Mixed Fruit OR Peanut Butter Cookies April 29 Chicken Parmesan Sandwich **Spring Vegetables **Normandy Vegetabl	Chocolate Chip Cookie	Tres Leches Cake		Red Velvet Cake	Cook's Feature
Turkey Melt ▼Sweet Potato Fries ▼Broccoli Wheat Bread Sliced Pears OR Lemon Bar April 22 Glazed Ham ▼Au Gratin Potatoes Wheat Roll Pineapple Tidbit OR Wheat Bun Wheat Roll Pineapple Tidbit OR Wheat Bun What Roll April 23 Glazed Ham ▼Au Gratin Potatoes Wheat Roll Pineapple Tidbit OR BBQ Pork ▼Baked Beans ▼Spring Vegetables Wheat Bun Mandarin Oranges OR Cherry Crisp Cherry Crisp April 24 Fish Sandwich ▼Black Eved Peas ▼Sweet Potato Fries Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 29 Chicken Parmesan Sandwich ▼Spring Vegetables ▼Roasted Red Potatoes Wheat Roll April 30 Tamale Pie ▼Black Beans ▼Stewed Tomatoes ▼Normatov Vegetables ▼Roasted Red Potatoes Wheat Bun SF Gelatin with Pineapple OR Cook's Feature Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Wheat Roll Applesauce OR Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Tortillas/Chips Wheat Roll Applesauce OR Applesauce OR Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Tortillas/Chips Applesauce OR Nandrin Oranges OR Cherry Crisp April 24 Fish Sandwich ▼Black Eved Peas ▼Sweet Potato Fries Wheat Bun SF Gelatin with Pineapple OR Cook's Feature Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Fried Fish ▼Roasted Red Potatoes Wheat Roll Wheat Roll Sliced Pears OR Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Skim April 26 April 26 Fried Fish Validian Vegetables Weat Roll Wheat Roll Fried Chicken Manbel Potatoes Wheat Roll Wheat Roll Wheat Roll Fried Chicken Fried Chicken Manbel Potatoes Fried Chicken Manbel Potatoes Manbel Potatoes Manbel Potatoes Tortillas/Chips April 26 Fried Chicken Manbel Potatoes Tortillas/Chips April 26 Fried Chic					
▼Sweet Potato Fries ♥Mashed Potatoes/Gravy ♥ Baked Beans ♥ Italian Vegetables ♥ Spinach ♥ Spinach <td>April 15</td> <td>April 16</td> <td>April 17</td> <td></td> <td>April 19</td>	April 15	April 16	April 17		April 19
VBroccoli VCarrots Wheat Roll VPeas VRoasted Red Potatoes Wheat Bread Sliced Pears OR Pineapple Tidbits OR Mandarin Oranges OR April 24 April 25 April 25 Cook's Feature Cook's Feature Sliced Peaches OR Cook's Feature Cook's Feature April 26 April 26 April 27 April 28 April 29 April 20 April 20 April 20 April 24 Fish Sandwich Ham Reuben Validiornia Vegetables		<u>Meatloaf</u>	BBQ Pork	Spaghetti and Meat Sauce	<u>Fried Fish</u>
Wheat Bread Sliced Pears OR Lemon Bar April 22 Glazed Ham Wheat Bun April 24 Mushroom Swiss Burger Wheat Bun Pineapple Tidbits OR Au Gratin Potatoes Wheat Bun Pineapple Tidbit OR Wheat Bun Pineapple Tidbit OR Wheat Bun Pineapple Tidbit OR Pineapple Tidbit OR Wheat Bun Pineapple Tidbit OR Pineapple Tidbit OR Pineapple Tidbit OR Pominic Pomi	♥ Sweet Potato Fries	▼ Mashed Potatoes/Gravy		▼ <u>Italian Vegetables</u>	♥ <u>Spinach</u>
Sliced Pears OR Lemon Bar Pineapple Tidbits OR Coffee Blondies Care Connection Desserts through the Decades 2023 April 22 Glazed Ham VAu Gratin Potatoes Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll Wheat Roll Wheat Roll April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll Pineapple Tidbits OR Sliced Pear OR Crispy Rice Treat April 25 Fish Sandwich VBlack Eved Peas Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 26 Fish Sandwich VBlack Eved Peas Wheat Bun SF Gelatin with Pineapple OR Cook's Feature Sliced Peaches OR Cook's Feature VCalifornia Vegetables Wheat Roll Sliced Potatoes Wheat Roll Sliced Peas OR Cook's Feature Valifornia Vegetables Valiforn					▼ Roasted Red Potatoes
Coffee Blondies Cherry Crisp Crispy Rice Treat Cook's Feature				Wheat Roll	
April 22 April 23 April 24 April 25 April 26 April 26 April 27 April 27 April 28 April 29 April 29 April 29 April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll VSpring Vegetables Wheat Roll April 29 April 30 April 24 Fish Sandwich VBlack Eved Peas Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 30 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll April 29 April 30 April 24 Fish Sandwich VCalifornia Vegetables Weat Bun Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 30 VIndicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior Nutrition Applesauce OR April 29 April 30 April 24 Fish Sandwich VCalifornia Vegetables VRoasted Red Potatoes VMashed Potatoes Valifornia Vegetables Valifor					
April 22 Glazed Ham *Au Gratin Potatoes *Normandy Vegetables Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich *Spring Vegetables *Roasted Red Potatoes Wheat Roll *April 20 April 23 *Mushroom Swiss Burger *Carrots *Sweet Potato Fries Wheat Bun SF Gelatin with Pineapple OR Cook's Feature *April 29 Chicken Parmesan Sandwich *Spring Vegetables *April 29 Chicken Parmesan Sandwich *Spring Vegetables *April 20 *April 30 Tamale Pie *Black Beans *Stewed Tomatoes Tortillas/Chips Wheat Roll Applesauce OR *Applesauce OR Applesauce OR April 24 *April 25 *Ham Reuben *California Vegetables *Roasted Red Potatoes *Mashed Potatoes *	Lemon Bar		Cherry Crisp	Crispy Rice Treat	Cook's Feature
April 22 Glazed Ham VAu Gratin Potatoes Normandy Vegetables Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll VSpring Vegetables Wheat Roll Wheat Roll Wheat Roll April 25 Fish Sandwich VBlack Eved Peas VBlack Eved Peas Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 30 Tamale Pie VBlack Eved Peas Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 29 Chicken Parmesan Sandwich VSpring Vegetables VStewed Tomatoes Tortillas/Chips Wheat Roll April 25 Fried Chicken VMashed Potatoes Wheat Roll Sliced Pears OR Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy Applesauce OR April 26 Fried Chicken VMashed Potatoes Skiravberry Cake Tortillas/Chips Applesauce OR April 20 April 26 Fried Chicken VMashed Potatoes Valider VBlack Eved Peas Valider VBlack Eved Peas Valider VBlack Eved Peas Valider Valider VBlack Eved Peas Valider Va					
Glazed HamMushroom Swiss BurgerFish SandwichHam ReubenFried ChickenVAu Gratin PotatoesVCarrotsVBlack Eved PeasVCalifornia VegetablesVMashed Potatoes/GravyWheat RollWheat BunWheat BunMarble Rye BreadWheat RollPineapple Tidbit OR BrownieMixed Fruit OR Peanut Butter CookiesSF Gelatin with Pineapple OR Cook's FeatureSliced Pears OR Lemonade CakeSliced Peaches OR Skim Milk, UnsweetenedApril 29 Chicken Parmesan Sandwich ▼Spring Vegetables ▼Roasted Red Potatoes Wheat RollTamale Pie Plack Beans ▼Stewed Tomatoes Tortillas/Chips Applesauce ORHam Reuben ▼Sweet Potato Fries Narble Red Potatoes Wheat RollValidicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for seniorSkim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthyValid Time Potatoes Valid Time P	April 22		April 24	April 25	April 26
VAu Gratin Potatoes VCarrots VBlack Eyed Peas VCalifornia Vegetables VMashed Potatoes/Gravy VNormandy Vegetables VCorn VSweet Potato Fries VRoasted Red Potatoes VMashed Potatoes/Gravy Wheat Roll Wheat Bun Wheat Bun Sliced Pears OR Wheat Roll Brownie Peanut Butter Cookies OR Cook's Feature Lemonade Cake Strawberry Cake Chicken Parmesan Tamale Pie VBlack Beans VBlack Beans WIndicates Heart Fruit, Chef Salad, Baked Chicken Breast, or Chicken Breast, or Baked Fish available Chicken Breast, or Baked Fish available Gaily as heart healthy Image: Chicken Breast or	-	-		_	
VNormandy Vegetables VCorn VSweet Potato Fries VRoasted Red Potatoes VGreen Beans Wheat Roll Wheat Bun Wheat Bun Marble Rye Bread Wheat Roll Brownie Mixed Fruit OR Peanut Butter Cookies SF Gelatin with Pineapple OR Cook's Feature Sliced Pears OR Lemonade Cake Strawberry Cake April 29 April 30 VIndicates Heart Healthy Item Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy VSpring Vegetables VStewed Tomatoes Tortillas/Chips Applesauce OR Tortillas/Chips Applesauce OR Bold underlined items guidelines for senior nutrition Baked Fish available daily as heart healthy					
Wheat Roll Pineapple Tidbit OR Brownie April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Bun Mixed Fruit OR Peanut Butter Cookies April 30 Tamale Pie VBlack Beans VStewed Tomatoes Wheat Bun SF Gelatin with Pineapple OR Cook's Feature April 30 Tamale Pie VBlack Beans VStewed Tomatoes Tortillas/Chips Applesauce OR Applesauce OR Wheat Bun Sliced Pears OR Lemonade Cake Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request		·			
Pineapple Tidbit OR Brownie Mixed Fruit OR Peanut Butter Cookies April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll Mixed Fruit OR Peanut Butter Cookies April 30 April 30 VIndicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior Nixed Fruit OR Peanut Butter Cookies April 30 VIndicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior Note of Cook's Feature Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy Applesauce OR Sliced Pears OR Strawberry Cake					
Brownie Peanut Butter Cookies OR Cook's Feature Lemonade Cake Strawberry Cake April 29 Chicken Parmesan Sandwich Spring Vegetables WRoasted Red Potatoes Wheat Roll Peanut Butter Cookies OR Cook's Feature VIndicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior National Peanut Butter Cookies VIndicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior National Peanut Butter Cookies Strawberry Cake Strawberry Cake Strawberry Cake Strawberry Cake Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy Applesauce OR National Peanut Butter Cookies April 29 April 30 Tortillas/Chips Applesauce OR National Peanut Butter Cookies April 30 Tamale Pie VEARE One Cook's Feature Skim Milk, Unsweetened Chicken Breast, or Baked Fish available daily as heart healthy Applesauce OR National Peanut Butter Cookies National Peanut Butter Cookies April 30 Tamale Pie VEARE One Cook's Feature Skim Milk, Unsweetened Chicken Breast, or Baked Fish available daily as heart healthy Applesauce OR National Peanut Butter Cookies National Peanut Butter Cook					
April 29 Chicken Parmesan Sandwich VSpring Vegetables Wheat Roll April 30 Tamale Pie VBlack Beans VStewed Tomatoes Tortillas/Chips Applesauce OR April 30 Tamale Pie VBlack Beans VStewed Tomatoes Tortillas/Chips Applesauce OR April 30 Temale Pie Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior Nutrition Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request			1.1		
Chicken Parmesan Tamale Pie Healthy Item Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy Value					
Sandwich ▼Spring Vegetables ▼Roasted Red Potatoes Wheat Roll ▼Black Beans ▼Stewed Tomatoes Tortillas/Chips Applesauce OR				· ·	
♥Spring Vegetables ♥Stewed Tomatoes meet the 2020 nutrition Baked Fish available for Aging Services YEARS Wheat Roll Applesauce OR nutrition alternatives by request 1973 - 2023			· ·		Care Connection
Wheat Roll Tortillas/Chips Wheat Roll Tortillas/Chips Applesauce OR Tortillas/Chips Apples					
Wheat Roll Applesauce OR Nutrition Applesauce OR Applesauce OR Nutrition					for Aging Services YEARS
nufrition alternatives by request		_	_		1973 - 2023
Time Time Ott	Mixed Fruit OR	Oatmeal Cookie	nutrition	alternatives by request.	
Starburst Cake					