

APRIL 2009

*Modification for sugar restricted diets

**High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>When choosing salad vegetables, remember that greener is better. Darker greens such as green and red leaf lettuce, romaine and spinach contribute Vitamin A and C as well as minerals to your daily diet . Head lettuce contributes mostly crunch and water and is not a good source of any nutrient, so greener is better.</p>		<p>1</p> <p>Italian Meatballs Shells and Sauce Broccoli Biscuit Peaches</p>	<p>2</p> <p>Beef Burgundy w/Mushrooms Buttered Noodles Peas 100% Whole Wheat Bread Pineapple</p>	<p>3</p> <p>Macaroni & Cheese Stewed Tomatoes Mixed Greens Rye Bread *Pudding w/Topping</p>
<p>6</p> <p>Veal Parmesan Ziti w/Sauce Italian Mixed Vegetables Italian Bread Pineapple</p>	<p>7</p> <p>Stuffed Pepper Casserole Green Beans Buttered Corn 100% Whole Wheat Bread Orange</p>	<p>8</p> <p>Orange Glazed Chicken Roasted Potatoes Winter Blend Vegetables Multi Grain Bread *Pudding w/Topping</p>	<p>9</p> <p>**Baked Ham Sweet Potato Broccoli Oatmeal Bread Easter Cupcake</p>	<p>10</p> <p>Clam Chowder Tuna Salad Brussels Sprouts au gratin Hamburger Roll Apple Crisp</p>
<p>13</p> <p>Pepper Steak Roasted Red Potatoes Broccoli 100% Whole Wheat Bread Mixed Fruit</p>	<p>14</p> <p>**Hot Dog Baked Beans Sauerkraut Hot Dog Roll Peaches</p>	<p>15</p> <p>Roast Pork, Gravy Garlic Mashed Potatoes Buttered Corn Rye Bread *Pudding w/Topping</p>	<p>16</p> <p>Tomato Rice Soup Baked Fish Sliced Beets Multi Grain Bread Pineapple</p>	<p>17</p> <p>Lasagna Spinach Carrots Oatmeal Bread Banana</p>
<p>20</p> <p>PATRIOTS' DAY</p>	<p>21</p> <p>Potato Leek Soup Chicken Salad Broccoli Cuts Hot Dog Roll Peach Crisp</p>	<p>22</p> <p>Calico Beans w/Sausage Brown Rice w/Bulgur Butternut Squash Multi Grain Bread Pineapple</p>	<p>23</p> <p>Barbecued Pork Patty Scalloped Potatoes Peas & Carrots 100% Whole Wheat Bread Mixed Fruit</p>	<p>24</p> <p>Roast Turkey, Gravy Mashed Potatoes Green Beans Rye Bread *Pudding w/Topping</p>
<p>27</p> <p>Chicken Divan Wild Rice Pilaf Mixed Vegetables Oatmeal Bread Orange</p>	<p>28</p> <p>Roast Pork, Gravy Mashed Potatoes Spinach Sourdough Bread Applesauce</p>	<p>29</p> <p>Salmon Boat w/Sauce Roasted Potatoes Winter Blend Vegetables 100% Whole Wheat Bread *Cookie</p>	<p>30</p> <p>Sweet & Sour Meatballs Egg Noodles Braised Cabbage Rye Bread *Pudding w/Topping</p>	

If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.