



No Health Without Nutrition
 No Nutrition Without Education
 No Education Without Experience

Rufty Holmes Nutrition Program

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cubed Steak w/ Gravy, Turnip Greens, Orange Juice, Rice, Roll, Gingerbread, Milk, Vinegar	3 Chicken Salad w/ Lettuce & Tomato, Green Beans, Pineapples, Potato Salad, Wheat Bread, Chocolate Pudding, Milk	4 Spaghetti, Tossed Salad, Applesauce, Garlic Bread, Reduced Fat Ranch Dressing, Milk, Parmesan Cheese, Milk	5 Baked Chicken w/ Gravy, Broccoli Casserole, Mixed Fruit Salad, Whipped Potatoes, Roll, Milk	6 Cheeseburger w/ Lettuce & Tomato, Sliced Peaches, Baked Beans, Milk, Ketchup, Mustard
9 Pinto Beans, Mixed Greens, Orange Juice, Macaroni & Cheese, Cornbread, Margarine, Pears, Milk, Raw Onions, Milk	10 BBQ Chicken (leg & thigh), Squash Casserole, Applesauce, Lima Beans, Roll, Milk	11 Pepper Steak w/ Gravy, Green Beans, Pineapples, Rice, Wheat Roll, Margarine, Banana Pudding, Milk	12 Hot Dog w/ Chili & Onions, Apple Juice, Coleslaw, Baked Beans, Sugar Cookies, Milk, Mustard, Ketchup	13 Oven Fried Fish Filet, Steamed Cabbage, Fruit Cocktail, Oven Browned Potatoes, Cornbread, Tartar Sauce, Bread Pudding, Milk
16 Baked Pork Chop, Tossed Salad, Applesauce, Hashed Brown Potato Casserole, Roll, Reduced Fat Dressing, Milk	17 Turkey & Cheese Sandwich on Wheat w/ Lettuce & Tomato, Potato Salad, Mayonnaise (Reduced Fat), Strawberry Gelatin, Milk	18 Beef -A-Roni, Green Beans, Green Peas, Peaches, Italian Bread, Peanut Butter Cookies, Milk, Parmesan Cheese	19 Cheeseburger w/ Lettuce Tomato, Orange Juice, Baked Beans, Carrot Raisin Salad, Milk, Ketchup, Mustard	20 Meatloaf w/ Tomato Sauce, Broccoli Casserole, Orange Juice, Whipped Potatoes, Wheat Roll, Margarine, Milk
23 Chicken Pot Pie w/ Mixed Vegetables, Broccoli, Roll, Strawberry Shortcake, Milk	24 Tuna Salad on Lettuce, Tomato Salad, Pears & Cheese, Pasta Salad, Low Salt Crackers (6), Oatmeal Raisin Cookies, Milk	25 Oven Fried Chicken w/ Gravy, Mixed Greens, Orange Juice, Whipped Potatoes, Roll, Milk	26 Sloppy Joe, Coleslaw, Melon, Oven Roasted Potatoes, Milk	27 BBQ Pork Sandwich, Tossed Salad, Sliced Peaches, Potato Salad, Italian Dressing (Reduced Fat), Chocolate Pudding, Milk
30 Roasted Turkey, Green Peas & Carrots, Orange Juice, Dressing, Spice Cake, Milk				