

MAY 2024 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$6.50 Breakfast; \$11.75 Lunch. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 sl Cinn French Toast (2cs) 1 Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 4oz Orange Juice (1cs)	Sausage Egg WW Muffin (2 cs) Whole Grain Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 4oz Orange Juice (1cs)	Egg Made to Order Hashbrowns (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 4oz Orange Juice (1cs)	Small Omelet 2 WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 4oz Orange Juice (1cs)	4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Whole Grain Waffles (1.5cs) 2 Bacon 8 oz 1% milk (1cs)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch: May 1	Thursday Lunch: May 2	Friday Lunch: May 3
MENU SUBJECT TO CHANGE WITHOUT NOTICE	*Entrée Salads require a reservation (not Taco Salad)	3 oz Salmonloaf (.5cs) or Chicken Strips (.5cs) 1/2 c. M. Potato/Crm Gravy (1cs) 1/2 c. Creamed Peas (1cs) 1/2 c Peach Crisp w/Top (2 cs) 1 Bread (1cs)	3 oz Sweet/Sour Meatballs (1 cs) 1/2 C Rice Blend (1cs) or Stuffed Shells w/sauce (3 cs) 1/2 c Corn (.5 cs) 1/2 c Ambrosia Cup (1 cs) 1 Bread (1cs)	3 oz Pineapple Pork Chop (1 cs) or 3 oz Chicken Kiev (1cs) Small Baked Potato (1 cs) 1/2 c Glazed Baby Carrots (1 cs) 1/2 c Cherry Sc (1cs)
Monday Lunch: May 6	Tuesday Lunch: May 7	Wednesday Lunch: May 8	Thursday Lunch: May 9	Friday Lunch: May 10
3 oz Herb Chicken on noodles (1cs) 1/2 c Mashed Potatoes with Gravy (1 cs) or Spaghetti w/Meat Sauce (2 cs) 1/2 c Carrot Krinkles (.5 cs) 1/2c Pear Sc (1cs) 1 Bread (1cs)	3 oz Beef Tips in Gravy or Cranberry Chicken (1cs) 1/2 c Boiled Potato(1cs) 1/2 c Broccoli 1/10 Fruit of Forest Pie w/Topp (2 cs) 1 Bread (1cs)	3 oz Meatballs in Gravy or 3 oz Cracker Crumb Fish (.5 cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Peas (1 cs) Fresh Grapes (1 cs)	3 oz Pork Roast with Gravy or Turkey in Gravy over 1/2c. Rice Blend (1cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe (1 cs) 1 Bread (1cs)	Chicken Wild Rice Cass. (2cs) Or Hungarian Goulash (2cs) 1/2 c. Mixed Vegetables (.5cs) 1 c. Romaine Salad/dressing (.5cs) Fresh Strawberries w/Topping (1cs) WW Dinner Roll (1cs)
Monday Lunch: May 13	Tuesday Lunch: May 14	Wednesday Lunch: May 15	Thursday Lunch: May 16	Friday Lunch: May 17
3 oz BBQ Baked Chicken (1 cs) or Tilapia 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 1/2 c. Peach Sc. (1cs)	3 oz Calif Burger on WW Bun (2 cs) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans (2 cs) or Chef's Salad (2cs)* 1/2 c Cantaloupe (1 cs) No additional bread	3 oz Pork Chop in MR Gravy or 3 oz Meatloaf (.5 cs) over 1/2 c Rice Blend(1 cs) 1/2 c. Sweet Potato (1cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Strawberries (1 cs) 1 Bread (1cs)	3 oz Chicken in Gravy (.5 cs) 1/2 c Mashed Potato (1 cs) or Cheese Ravioli w/sauce (3 cs) 1/2 c. Cucumber Salad Fresh Grapes (1 cs)	Baked Chicken Fried Steak (.5 cs) or 3 oz Salmon 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Cherry Crisp with Topping (2 cs) 1 Bread (1cs)

Monday Lunch: May 20	Tuesday Lunch: May 21	Wednesday Lunch: May 22	Thursday Lunch: May 23	Friday Lunch: May 24
3 oz. Baked Chicken (1cs) or BBQ Ribs (1cs) Baby Potatoes (1 cs) 1/2 c Green Peas (.5 cs) 1/2 c Apricot Halves (1 cs) 1 Bread (1cs)	2 oz Chickenburger on WW Bun (2cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) or Seafood Supreme Salad (2cs)* 1/2 c Berries (1cs) No additional bread	Porcupine Meatballs (.5 cs) or Fish Almondine 1/2 c Macaroni Salad with Veggies (1cs) 1/2 c Broccoli Cuts 1/2 c Rhubarb Crisp with Top (2cs) 1 bread (1cs)	3 oz Salisbury Steak 1/2 c Augratin Potatoes (3 cs) or Chicken Enchilada (2cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Fresh Grapes (1 cs)	3 oz Hot Roast Beef Sand (2 cs) or Hot Turkey Sandwich (2 cs) 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Sweet Potato (1cs) 1/2 c Cantaloupe (1 cs)
Monday Lunch: May 27	Tuesday Lunch: May 28	Wednesday Lunch: May 29	Thursday Lunch: May 30	Friday Lunch: May 31
CLOSED MEMORIAL DAY	Hot Dog on Bun (2cs) or 3 oz BBQ Pork on HD Bun (2 cs) 1/2c Roasted Potatoes (1cs) No additional bread 1/2 c. Buttered Carrots (.5 cs) 1/2 c Fruit Cocktail (1 cs)	Meatloaf Patty (.5cs) or Grilled Chicken over 1/2c. Rice Blend (1cs) 1/2 c Potato Salad (1 cs) 1/2 c. Seasoned Gr Beans 1/2 c. Strawberries (1cs) 1 bread (1cs)	Crispy Chicken (1 cs) or Apple Spiced Pork Chop (.5 cs) 1/2 c Baby Red Potatoes (1 cs) 1/2 c Baked Squash (1 cs) 1/2 c Mandarin Oranges (1 cs) Bitzy Brownie (2 cs)	Taco Salad (2-3cs) or Turkey Pot Pie (2cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Cantaloupe (1 cs) 1 Bread (1cs)
Breakfast (8:30-9am),and Lunch (11:45-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attn: Diabetics -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts		No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these grab-n-go sites: Homestead-1639 24th Ave South from 11:45-12 The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each meal.

Date: 3/11/2024 Licensed Registered Dietitian #13899 _____ Colette Iseminger, LRD, RD, LRD