# Café Chat 2021 September-October Newsletter

## **Upcoming Events**

#### **Drive-Thru Healthy Aging Expo**

September 16 from 11am to 1pm

Drive-thru the Healthy Aging Expo at the Kuhlman Center in Richmond and receive lunch (first 200 to arrive), resources from businesses, and door prizes. More at lifestreaminc.org/healthy-agingexpo.

### JOY (Just. Older. Youth) Games

#### September 20-23 in Richmond

LifeStream and its partners are hosting three days of activities for those 55+. Activities include pickle ball, 3 on 3 basketball, bingo, golf, and more. Register now at lifestreaminc.org/games.

#### LifeStream Live with Angie Every Thursday at 2pm on Facebook

Tune in every Thursday at 2pm as Angie Jenkins, Outreach Coordinator, discusses various topics including upcoming events, wellness, nutrition, fraud/scam awareness, and more.

## Updates from Dana Pierce, Nutrition Administrator

#### Dear Café Participant:

I've been with LifeStream Services for nearly six years, and never have we been through as many changes during that time as we have in the past 17 months. I'm so thankful that we found ways to adapt and continue to provide food for people like you and all of those we serve in our community. It has been challenging,



but so rewarding. We could not have made it happen without our dedicated volunteers and the staff who put the people we serve first and seamlessly adapted to the situation at hand by helping us switch to curbside distribution, delivered emergency food, and adhered to safety guidelines to keep the community safe. We also had a wonderful team of staff who checked in on atrisk clients and jumped in whenever possible to continue service.

Unfortunately, our attendance at our café locations has dropped during these challenging times. We are working on ways to help increase attendance including presenters and visits from LifeStream. We know things have been unusual in how we operate and to be honest, we have no idea how long these changes will last. We appreciate everyone's patience and willingness to work with us as we navigate together though this pandemic. We hope that you will stick with us and invite others to join us. It's such an honor and privilege to be able to give back to you and other older adults in our community!

Thank you,

Dana Pierce Nutrition Administrator

## Your donation counts!

LifeStream coordinates the meals at 21 senior café sites throughout 12 counties. We rely on donations from generous people like you to help us continue to serve and help us serve more people in need. You will receive a letter in the mail requesting a donation that will help us continue the sites and feed more people. You can make your donation by sending a check to 1701 Pilgrim Blvd. Yorktown, IN 47396 or you can visit lifestreaminc.org/nutrition to make a donation online.



800-589-1121 | lifestreaminc.org | facebook.com/lifestreamservices

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# Volunteers are Making a Difference: Gleaners Spotlight

LifeStream Services partners with Gleaners Food Bank and Northside Church of God to provide fresh produce and shelf stable food for homebound seniors to supplement their home delivered meals twice per month. This program ensures the nutrition and safety of individuals at-risk, especially during the pandemic.

Volunteers are the backbone of this program. They gather on the second Wednesday of the month to unload and bag the food to be delivered to nearly 100 seniors in the Wayne County area.

Interested in volunteering? Visit lifestreaminc.org/ support/volunteer and apply today, or contact Laura Bray at 765-759-3372 or lbray@lifestreaminc.org.



Volunteers like Kathy Wambo (left) and Kim Young (right) are essential in making this program possible.

LifeStream places an order with Gleaners every month for food to go into the bags. The food varies each month to offer variety.



## What's Cooking? Twice Baked Sweet Potatoes

Cheesy, spicy twice baked sweet potatoes are a complete meal for one. So simple to throw together and stuffed with tasty when you're short on time or ingredients. Healthy and satisfying! Recipe can easily be adapted for serve more than one.

Yield: 1 Calories: 506

#### **Ingredients:**

1 large sweet potato 1/2 cup black beans, rinsed & drained 2 scallions, thinly sliced

1/2 tsp chipotle chili powder

#### **Directions:**

1/2 tsp cumin 1/4 cup pepper jack cheese shredded 1/2 avocado diced Cilantro

1. Heat oven to 400 degrees. Poke holes all over the sweet potato with a fork. Bake directly on the oven rack for about 45 minutes or until soft.

2. Cut a slit in the potato and carefully scoop out the flesh, reserving the skin. In a small bowl mash sweet potato. Stir in black beans, scallions, chili powder, and cumin until well combined. Scoop the mixture back into the potato skin and top with shredded pepper jack cheese.

3. Place the potato on a baking sheet coated in foil. Put the potato back in the oven for 5 minutes, or until cheese melts.

4. Top with diced avocado and cilantro. Serve.

**Recipe Provided By: BetsyLife.com** 





# Hot Menu September 2021

									2021	
MOND	ΑΥ	TUE	SDAY	WEDN	IESDAY	THU	RSDAY	FRI	DAY	
				1		2		3		
				Beef F	rito Pie	Sausag	e & Eggs	Meatloa	f w/Gravy	
				Whole Ke	ernel Corn	Countr	y Gravy	Whipped	l Potatoes	
TDIO				한 Brusse	els Sprouts	Fiesta F	Potatoes	Broccoli &	Cauliflow	
TRIO				Tortill	a Chips	Hot Pir	neapples	Whe	at Roll	
Community Meals an elior company				Vanilla	Pudding	Biscuit		LD Oatm	eal Creme	
				Margarine		Orange Juice		Margarine		
	iipalig			Dt: Diet	Pudding			Dt: SF	Cookie	
				Cal: 922	Sod: 853	Cal: 725	Sod: 849	Cal: 796	Sod: 762	
;		7		8 Chef In	spired	9		10		
		Swiss St	yle Steak	Chkn/Saus	g Jambalaya	Beef &	Noodles	Bread	ed Fish	
		Whipped	l Potatoes	Capri	Blend	Broccoli &	Cauliflower	Tarta	r Sauce	
		Brussels Sprouts		Whole Ke	ernel Corn	rn Carrots		Fiesta Potatoes		
CLOSE	D	Wheat Bread		Corn	bread	Wheat Bread		Green Peas		
		한 Fresh Fruit		Fruited	Gelatin	Pineapples		Hamburger Bun		
		Margarine		Margarine		Mar	Margarine		Fudge Round	
			-		t Gelatin		-	Dt: Angel	Food Cak	
		Cal: 675	Sod: 565	Cal: 972	Sod: 1168	Cal: 717	Sod: 880	Cal: 766	Sod: 983	
13		14		15		16		17		
Ham & Vegt Frittata		Meatballs with		Beef	Beef Patty Chicken Fettuccini		Fettuccini	Slop	py Joe	
O'Brien Potatoes		Marinara Sauce		Pepper & Onion Gravy		Green Peas		Baked	l Beans	
Spiced Apples		Italian Vegt Blend		Green	Beans	Broccoli & Cauliflower		Orang	ge Juice	
Biscuit		Red Bliss Potatoes		Glazeo	d Beets	Wheat Roll		Hamburger Bun		
Grape Juice		Hoagie Bun		Whea	t Bread	Coconut Cake		Mixed Fru	uit Cobble	
Margarine		LD Oatmeal Creme		📩 한 Fresh	n Fruit	Margarine		Dt: Mi>	ed Fruit	
-		DT: SF Cookie		Margarine		Dt: Angel Food Cake				
Cal: 721 Sc	od: 895	Cal: 845	Sod: 1029	Cal: 651	Sod: 821	Cal: 819	Sod: 777	Cal: 955	Sod: 119	
20		21		22		23		24		
Hot Dog w	/Chili	Pork	Roast	Parmesa	n Chicken	A-1 Chop	ped Steak	Tuna l	Noodle	
Baked Be		Pork Gravy		Italian Vegt Blend		Whipped Potatoes		Au C	Gratin	
Colesla	w	Yams		Tossed Salad		Green Beans		Gree	n Peas	
Hot Dog Bun		Spinach		Penne Pasta		Wheat Bread		Sliced	Carrots	
0	Hot Spiced Apples		Wheat Roll		👈 Fresh Fruit		한 Pineapples		t Bread	
-	Apples	Whea	at Roll			Margarine		Dee	ches	
-	Apples		at Roll Grain Bar		Dressing	Mar	garine	pea		
-	Apples	Fruit & (				Mar	garine		garine	
Hot Spiced A	Apples od: 1565	Fruit & ( Marg	Grain Bar			Marı Cal: 662	garine Sod: 625		garine Sod: 904	
Hot Spiced A		Fruit & ( Marg	Grain Bar garine	Salad D Cal: 690	Dressing		-	Mar	-	
Hot Spiced A	od: 1565	Fruit & ( Marg Cal: 762 28	Grain Bar garine	Salad E Cal: 690 29 Chef Ir	Dressing Sod: 925	Cal: 662 30	Sod: 625	Mar	-	
Hot Spiced A	od: 1565 Rice	Fruit & ( Marg Cal: 762 28 Hamb	Grain Bar garine Sod: 620	Salad D Cal: 690 29 Chef Ir Chicken S	Dressing Sod: 925 Ispired	Cal: 662 30 Beef Sj	-	Marı Cal: 737	Sod: 904	
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Hot Spiced A Cal: 903 So 27 Chicken & Whole Kerne	od: 1565 Rice el Corn eans	Fruit & ( Marg Cal: 762 28 Hamb Baked Lettuce 8	Grain Bar garine Sod: 620 <b>burger</b> I Beans & Tomato	Salad E Cal: 690 29 Chef Ir Chicken S Poultr Cabbage	Oressing Sod: 925 hspired Shawarma	Cal: 662 30 Beef S Gree Bro	Sod: 625 Daghetti n Peas	Marı Cal: 737 Each	Sod: 904	
Hot Spiced A Cal: 903 So 27 Chicken & Whole Kerne Green Be	od: 1565 Rice el Corn eans read	Fruit & 0 Marg Cal: 762 28 Hamb Baked Lettuce & Hambu	Grain Bar garine Sod: 620 <b>burger</b> I Beans & Tomato rger Bun	Salad E Cal: 690 29 Chef In Chicken S Poultr Cabbage Parslied	Oressing Sod: 925 Inspired Shawarma y Gravy & Carrots	Cal: 662 30 Beef Sj Gree Bro Garl	Sod: 625 Daghetti n Peas ccoli	Marı Cal: 737 Each is Serv	Sod: 904 Meal	
Hot Spiced A Cal: 903 So 27 Chicken & Whole Kerne Green Be Wheat Br Star Crur	od: 1565 Rice el Corn eans read nch	Fruit & 0 Marg Cal: 762 28 Hamb Baked Lettuce & Hambu Hot Spice	Grain Bar garine Sod: 620 <b>burger</b> I Beans & Tomato rger Bun ed Apples	Salad E Cal: 690 29 Chef In Chicken S Poultr Cabbage Parslied Whea	Sod: 925 Sod: 925 Shawarma y Gravy & Carrots Potatoes t Bread	Cal: 662 30 Beef S Gree Bro Garl Fruit &	Sod: 625 Daghetti n Peas ccoli ic Roll Grain Bar	Mary Cal: 737 Each is Serv 1/2 F	Sod: 904 Meal ed with	
Hot Spiced A Cal: 903 So <b>27</b> <b>Chicken &amp;</b> Whole Kerne Green Be Wheat Br Star Crur Margari	od: 1565 Rice el Corn eans read nch ne	Fruit & 0 Marg Cal: 762 28 Hamb Baked Lettuce & Hambu Hot Spice Keto	Grain Bar garine Sod: 620 <b>burger</b> I Beans & Tomato rger Bun ed Apples chup	Salad E Cal: 690 29 Chef In Chicken S Poultr Cabbage Parslied Whea	Oressing Sod: 925 Inspired Shawarma y Gravy & Carrots Potatoes	Cal: 662 30 Beef S Gree Bro Garl Fruit &	Sod: 625 Daghetti n Peas ccoli ic Roll	Mary Cal: 737 Each is Serv 1/2 F	Sod: 904 Meal ed with Pint of	
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# **Picnic Menu** September 2021

A state of the second			September 2021		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1	2	3	
		Turkey & Cheese	Seafood Salad	Chicken Salad	
		Lettuce & Tomato	Pasta Salad	Marinated Cucumbers	
TDIO		Carrifruit Salad	Tossed Salad	and Tomatoes	
TRIO		Multigrain Bread	Saltine Crackers	Green Pea Salad	
Community Meals		Vanilla Pudding	Orange Juice	Whole Wheat Bread	
		Dt: Diet Pudding	Ranch Dressing	LD Oatmeal Creme	
an elior company				Dt: SF Cookie	
		Cal: 629 Sod: 1116	Cal: 654 Sod: 979	Cal: 749 Sod: 803	
6	7	8	9	10	
	Turkey Breast	Tuna Salad	Ham/Chkn Chef Salad	Turkey Salad	
	Swiss Cheese	Lettuce & Tomato	🐚 Fresh Fruit	Marinated Zucchini	
	Lettuce/Tomato/Onion		Saltine Crackers	Black Bn/Barley Salad	
CLOSED	Peach/Cott Cheese	Multigrain Bread	Pineapples	Whole Wheat Bread	
	🚬 Hoagie Bun	Fruited Gelatin	Assorted Dressing	Fudge Round	
	💓 Fresh Fruit	Dt: Diet Gelatin		Dt: Angel Food Cake	
10	Cal: 663 Sod: 1114	Cal: 611 Sod: 877	Cal: 562 Sod: 609	Cal: 928 Sod: 651	
13 Chicken Salad	14 Tuna Salad	15 Chicken Chef Salad	16 Ham & Swiss	17 Turkey & Cheese	
				Turkey & Cheese	
Pickled Beets	Applesauce Broccoli Raisin Salad	Tri-Color Bean Salad	Lettuce & Tomato Marinated Carrots	Lettuce & Tomato Potato Salad	
Marin Tuscany Salad Whole Wheat Bread	Saltine Crackers	Wheat Crackers Fresh Fruit	Whole Wheat Bread	Hambruger Bun	
	LD Oatmeal Creme		Coconut Cake	Mixed Fruit Cobbler	
Grape Juice	Dt: SF Cookie	Ranch Dressing	Dt: Angel Food Cake	Dt: Mixed Fruit	
	DL. SF COOKIE		DL. Aligei Food Cake	Dt. Mixed Fruit	
Cal: 685 Sod: 873	Cal: 683 Sod: 821	Cal: 636 Sod: 529	Cal: 794 Sod: 1468	Cal: 770 Sod: 1155	
20	21	22	23	24	
Turkey Breast	Seafood Salad	Chicken Caesar Salad	Egg Salad	Breaded Chicken	
Swiss Cheese	Macaroni Salad	Green Pea Salad	Lettuce & Tomato	Ranch Dressing	
Lettuce & Tomato	Tossed Salad	Saltine Crackers Calif Veg Salad		Lettuce & Tomato	
Carrifruit Salad	Wheat Crackers	👈 Fresh Fruit	Whole Wheat Bread	Tri-Color Bean Salad	
Multigrain Bread	Fruit & Grain Bar		한 Pineapples	Corn Tortilla	
Spiced Apples	Ranch Dressing			👈 Peaches	
Cal: 610 Sod: 925	Cal: 631 Sod: 1274 28	Cal: 726 Sod: 936 29	Cal: 564 Sod: 783	Cal: 724 Sod: 690	
Ham & Swiss	Egg Salad	Turkey Salad	Chicken Chef Salad		
Lettuce & Tomato	Marinated Broccoli	Pickled Beets	Marinated Cucumbers		
Apple Confetti Coleslaw		Green Pea Salad	Saltine Crackers	Each Meal	
Whole Wheat Bread	Hambruger Bun	Whole Wheat Bread	Fruit & Grain Bar	is Served with	
Star Crunch	Spiced Apples	Pineapples	Assorted Dressing	1/2 Pint of	
Dt: Graham Crackers				2% Milk	
				_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
Cal: 704 Sod: 1185	Cal: 682 Sod: 1009	Cal: 755 Sod: 883	Cal: 559 Sod:531		
		Menus subject to change	0		

Menus subject to change

Community Meals an elior companyBiscuit with Jelly Milk Orange Juice Margarinean elior company4567Hamburger Baked Beans Lettuce & Tomato Hamburger Bun Hot Spiced Apples MilkBeef Noodle Skillet Whiped Potatoes Pickled Beets Whole Wheat Bread Peach Crisp MilkChicken Cacciatore Green Peas Grape Juice Pineapples Pineapples MilkSausage with Onions & Peppers Navy Beans Carrots Hot Dog Bun Fresh Orange MilkBreaded Fish Chuckwagon Corn Cabbage Whole Wheat Bread Pene Pasta Pineapples MilkBiscuit with Jelly Milk Milk MilkMilk Margarine Diet: Peaches Cal: 713Milk Margarine Diet: PeachesCal: 627Sodium: 627 Sodium: 627Cal: 673 Sodium: 1158 Cal: 673 Cal: 890Cal: 890 Sodium: 1158 Cal: 890 Cal: 890 Cal: 890 Sodium: 1158Swiss Steak Whipped Potatoes Brussels SproutsTurkey Breast w/Gravy Yams Sreen Beans & Red PeppersPork Roast w/Gravy SpinachOriental Shoyu Chicken Japanese Vegetables Fresh FruitSausage & Eggs Country Gravy Fiesta Potatoes	<b>ot Menu</b> ctober 2021				
Vilk an elior companyO'Brien Potatoes Hot Glazed Peache Biscuit with Jelly 	MONDAY	AY TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VisitO'Brien Potatoes Hot Glazed Peache Biscuit with Jelly Milk Orange Juice Margarinean elior company45674567Hamburger Baked Beans Lettuce & Tomato Hamburger Bun Hot Spiced Apples Milk Ketchup/MustardBeef Noodle Skillet Whipped Potatoes Pickled Beets Whole Wheat Bread Peach Crisp Milk Milk Milk Margarine Diet: PeachesChicken Cacciatore Graep Juice Penne Pasta Pinaepples Milk Milk Milk Milk Milk Milk Milk Margarine Diet: PeachesBreaded Fish Chuckwagon Corr Cabbage Penne Pasta Pinaepples Milk Milk Milk Milk Milk Milk Milk MilkBreaded Fish Chuckwagon Corr Cabbage Whole Wheat Bread Pinaepples Milk Milk Milk Milk MilkBreaded Fish Chuckwagon Corr Cabbage Whole Wheat Bread Pinaepples Milk Milk Milk Milk Milk Milk Tartar Sauce Diet: Sugar-Free Coo Cal: 673 Sodium: 1158Bionde Brownie Cal: 800 Sodium: 111121314Swiss Steak Whipped Potatoes Brussels Sprouts Whole Wheat BreadPork Roast w/Gravy Spinach Rye BreadOriental Shoyu Chicken Japanese Vegetables Fresh Fruit Rice PilafSausage & Eggs Country Gravy Fiesta Potatoes Hot Spiced Pineapple					1
4567Hamburger Baked Beans Lettuce & Tomato Hamburger Bun Hot Spiced ApplesBeef Noodle Skillet Whole Wheat Bread Peach Crisp Milk MilkChicken Cacciatore Green Peas Penne Pasta PineapplesSausage with Onions & Peppers Navy Beans CarrotsBreaded Fish Chuckwagon Corn CabbageHot Spiced Apples MilkPeach Crisp MilkPenne Pasta MilkCarrots Hot Dog Bun MilkBlonde Brownie MilkKetchup/Mustard Cal: 713Margarine Diet: PeachesMilkFresh Orange Diet: PeachesMilk Cal: 627Cal: 713Sodium: 828Cal: 1011Sodium: 1119Cal: 627Sodium: 627Cal: 673Sodium: 1158 Cal: 890Sodium: 1Swiss Steak Whipped Potatoes Brussels Sprouts Whole Wheat BreadTurkey Breast w/Gravy Yams Green Beans & Red Peppers Wheat RollPork Roast w/Gravy Rye BreadOriental Shoyu Chicken Japanese Vegetables Fresh Fruit Rice PilafSausage & Eggs Country Gravy Fiesta Potatoes Hot Spiced Pineapple	ommunity Meals	Meals			O'Brien Potatoes Hot Glazed Peaches Biscuit with Jelly Milk Orange Juice
Hamburger Baked Beans Lettuce & TomatoBeef Noodle Skillet Whipped Potatoes Pickled BeetsChicken Cacciatore Green Peas Grape JuiceSausage with Onions & Peppers Navy BeansBreaded Fish Chuckwagon Com CabbageHamburger Bun Hot Spiced Apples MilkWhole Wheat Bread 					Cal: 652 Sodium: 893
Baked Beans Lettuce & Tomato Hamburger Bun Hot Spiced ApplesWhipped Potatoes Pickled Beets Peach Crisp MilkGreen Peas Grape Juice Penne PastaOnions & Peppers Navy Beans CarrotsChuckwagon Com Cabbage Whole Wheat Bread Blonde Brownie MilkMilk Ketchup/MustardMeargarine Diet: PeachesPineapples MilkHot Dog Bun Fresh Orange MilkBlonde Brownie MilkKetchup/MustardMargarine Diet: PeachesMilkMilkTartar Sauce Diet: Sugar-Free Coo Cal: 673Cal: 713Sodium: 828Cal: 1011Sodium: 1119Cal: 627Sodium: 627Cal: 673Sodium: 1158Cal: 890Sodium: 1Swiss Steak Whipped Potatoes Brussels Sprouts Whole Wheat BreadTurkey Breast w/Gravy YamsPork Roast w/Gravy Whole Kernel Corn Spinach Rye BreadOriental Shoyu Chicken Japanese Vegetables Fresh Fruit Rice PilafSausage & Eggs Country Gravy Fiesta Potatoes Hot Spiced Pineapple	4	4	56	7	8
Cal: 713Sodium: 828Cal: 1011Sodium: 1119Cal: 627Sodium: 627Cal: 673Sodium: 1158Cal: 890Sodium: 111121314Swiss SteakTurkey Breast w/Gravy YamsPork Roast w/Gravy Whole Kernel CornOriental Shoyu Chicken Japanese VegetablesSausage & Eggs Country Gravy Fiesta PotatoesWhole Wheat BreadWheat RollRye BreadRice PilafHot Spiced Pineapple	Baked Beans Ettuce & Tomato Hamburger Bun ot Spiced Apples Milk	ans Whipped Potatoes omato Pickled Beets r Bun Whole Wheat Bread Apples Peach Crisp Milk ustard Margarine	Green Peas Grape Juice Penne Pasta Pineapples	Onions & Peppers Navy Beans Carrots Hot Dog Bun Fresh Orange	Chuckwagon Corn Cabbage Whole Wheat Bread Blonde Brownie Milk Tartar Sauce
11121314Swiss SteakTurkey Breast w/Gravy YamsPork Roast w/Gravy Whole Kernel CornOriental Shoyu Chicken Japanese VegetablesSausage & Eggs Country Gravy Fiesta PotatoesBrussels SproutsGreen Beans & Red Peppers Whole Wheat BreadSeen Beans & Red Peppers Wheat RollSpinach Rye BreadFresh Fruit Rice PilafFiesta Potatoes Hot Spiced Pineapple	713 Sodium: 828 Ca		19 Cal: 627 Sodium: 627	Cal: 673 Sodium: 1158	-
Swiss SteakTurkey Breast w/Gravy YamsPork Roast w/Gravy Whole Kernel CornOriental Shoyu Chicken Japanese VegetablesSausage & Eggs Country GravyWhole SproutsGreen Beans & Red Peppers Whole Wheat BreadSpinachFresh FruitFiesta PotatoesWhole Wheat BreadWheat RollRye BreadRice PilafHot Spiced Pinaepple					15
MilkMilkMilkOrange JuiceMargarineMargarineMargarineMargarineDiet: Graham CrackersDiet: Angel Food Cake	hipped Potatoes russels Sprouts Gr ole Wheat Bread Fresh Fruit Milk Margarine	eak Turkey Breast w/Grav tatoes Yams routs Green Beans & Red Peppe t Bread Wheat Roll uit Pumpkin Bar Milk ne Margarine	y Pork Roast w/Gravy Whole Kernel Corn Spinach Rye Bread Apple Cinnamon Bar Milk Margarine	Japanese Vegetables Fresh Fruit Rice Pilaf Fudge Round Milk Margarine	Country Gravy Fiesta Potatoes Hot Spiced Pineapples Biscuit
5				-	Cal: 655 Sodium: 814
18 19 20 21					22
MilkMilkMilkMilkMilkMargarineMargarineTartar SauceMargarineDiet: Mixed FruitDiet: Graham CrackersDiet: Sugar-Free CookieDiet: PineapplesDiet: Pineapples	hole Kernel Corn Green Beans Iole Wheat Bread Fresh Fruit Milk Margarine	el Corn Spinach ans Hot Spiced Apples t Bread Cornbread uit Marshmallow Cookie Milk ne Margarine Diet: Graham Cracker	Ranch Potatoes Carrots Hamburger Bun Star Crunch Milk Tartar Sauce 5 Diet: Sugar-Free Cookie	Cabbage Herbed Green Peas Whole Wheat Bread Fruited Gelatin Milk Margarine Diet: Pineapples	Baked Beans Coleslaw Hamburger Bun Mixed Fruit Cobbler Milk Diet: Mixed Fruit
Cal. 645         Sodium. 428         Cal. 974         Sodium. 1447         Cal. 765         Sodium. 1101         Cal. 971         Sodium. 896         Cal. 957         Sodium. 8           25         26         27         28					29
	llian Beef & Rice Cr fornia Vegetables E Navy Beans tole Wheat Bread Applesauce C Milk	& Rice getablesChicken Brunswick Ste Broccoli & Cauliflower Grape JuiceansGrape Juicet BreadRice PilafuceOatmeal Creme Cooki Milk	w Omelet w/Spanish Sauce Hashbrowns Hot Glazed Peaches Biscuit and Jelly Fig Bar Milk Margarine	Pork w/Pork Gravy Whipped Potatoes Green Beans Multi-Grain Bread Apple Cinnamon Bar Milk	<b>Turkey Tetrazzini</b> Carrots Green Peas White Roll Fresh Fruit Milk
			-	Cal: 703 Sodium: 450	Cal: 703 Sodium: 632

M. Ashman, RD (8-13-21)

Menus subject to change

Picnic Menu October 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tuna Salad Lettuce & Tomato Potato Salad Whole Wheat Bread Orange Juice Milk
				Cal: 634 Sodium: 885
4 Ham & Swiss Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread Hot Spiced Apples Milk	5 Egg Salad Marinated Broccoli Carrot Raisin Salad Hamburger Bun Peach Crisp Milk Diet: Peaches	6 Turkey Salad Pickled Beets Green Pea Salad Whole Wheat Bread Pineapples Milk	7 Tuna Salad Lettuce & Tomato Potato Salad Whole Wheat Bread Fresh Orange Milk	8 Chicken Chef Salad Marinated Cucumbers Saltine Crackers Blonde Brownie Milk Assorted Dressing Diet: Sugar-Free Cookie
Cal: 647 Sodium: 1125	Cal: 889 Sodium: 1103	Cal: 755 Sodium: 883	Cal: 587 Sodium: 881	Cal: 759 Sodium: 901
11 Chicken Salad Apple Confetti Coleslaw Marinated Carrots Whole Wheat Bread Fresh Fruit Milk	12 Ham and Chicken Chef Salad Black Bean and Barley Salad Saltine Crackers Pumpkin Bar Milk Assorted Dressing Diet: Graham Crackers	13 Tuna Salad Fluffy Fruit Salad Marinated Zucchini Whole Wheat Bread Apple Cinnamon Bar Milk	14 Breaded Ranch Chicken Lettuce & Tomato Tri-Color Bean Salad Corn Tortilla Fudge Round Milk Diet: Angel Food Cake	15 Turkey & Cheese Lettuce & Tomato Potato Salad Hamburger Bun Hot Spiced Pineapples Milk
Cal: 864 Sodium: 978	Cal: 836 Sodium: 752	Cal: 698 Sodium: 764	Cal: 852 Sodium: 862	Cal: 668 Sodium: 1076
18 Ham & Turkey Cheese Lettuce & Tomato California Vegetable Salad Whole Wheat Bread Fresh Fruit Milk	19 Chicken Caesar Salad Tri-Color Bean Salad Saltine Crackers Marshmallow Cookie Milk Diet: Graham Crackers	20 Turkey & Cheese Lettuce & Tomato Carrifruit Salad Multigrain Bread Star Crunch Milk Diet: Sugar-Free Cookie	21 Seafood Salad Pasta Salad Tossed Salad Saltine Crackers Fruited Gelatin Milk Diet: Pineapples Salad Dressing	22 Chicken Salad Marin Cukes and Tomatoes Green Pea Salad Whole Wheat Bread Mixed Fruit Cobbler Milk Diet: Mixed Fruit
Cal: 549 Sodium: 1137	Cal: 854 Sodium: 843	Cal: 651 Sodium: 964	Cal: 679 Sodium: 1119	Cal: 796 Sodium: 750
25		27 Turne Seried	28	29 Turkey Solod
Egg Salad Macaroni Salad California Vegetable Salad Whole Wheat Bread Applesauce Milk	Turkey & Cheese Lettuce/Tomato/Onion Cottage Cheese and Peaches Hoagie Bun Oatmeal Creme Cookie Milk Diet: Graham Crackers	Tuna Salad Lettuce & Tomato Applesauce Multigrain Bread Fig Bar Milk	Ham and Chicken Chef Salad Fresh Fruit Saltine Crackers Apple Cinnamon Bar Milk Assorted Dressing Diet: Sugar-Free Cookie	<b>Turkey Salad</b> Marinated Zucchini Black Bean and Barley Salad Whole Wheat Bread Fresh Fruit Milk
Cal: 681 Sodium: 1016	Cal: 761 Sodium: 1263	Cal: 654 Sodium: 833	Cal: 607 Sodium: 679	Cal: 850 Sodium: 567

