

June 2018 Outagamie



Monday

Tuesday

Wednesday

Thursday

Friday

				1 Lemon Pepper Cod with Tartar Sauce Roasted Potatoes Cole Slaw Tropical Fruit Salad Rice Krispie Treat
4 Meatloaf Parsley Buttered Potatoes Vegetable Blend Fruit Cocktail Wheat Dinner Roll Seven Layer Bar	5 Brat on a Bun Baked Beans Sauerkraut Peaches Chocolate Chip Cookie	6 Spaghetti with Meatballs Tossed Salad with Dressing Apricots Warm Peach Cobbler	7 Grilled Chicken Breast on a Bun Hashbrowns Mixed Vegetables Pineapple Donut Holes	8 Egg Salad Sandwich Tomato Soup Crackers Mandarin Oranges Warm Apple Crisp
11 Pulled Pork in Gravy Mashed Potatoes Green Beans Peaches Wheat Dinner Roll Butterscotch Pudding	12 Taco Bake Lettuce & Tomatoes Corn Fresh Cut Fruit Spring Dessert Bar	13 Chicken and Rice Casserole Spinach Salad Pineapple Frosted Brownie	14 BBQ Riblet Mac & Cheese Pea Salad Warm Fruit Compote Oatmeal Raisin Cookie	15 All Beef Hot Dog on a Bun German Potato Salad Peas & Carrots Pears Chocolate Eclair Torte
18 Swedish Meatballs Penne Pasta Vegetable Blend Fruit Cocktail Strawberry Oatmeal Bar	19 Salisbury Steak Mashed Potatoes Stewed Tomatoes Tropical Fruit Salad Wheat Dinner Roll Lemon Bar	20 Baked Chicken in Mushroom Gravy Sweet Potatoes Broccoli Salad Peaches Cake Donut	21 Pizza Pasta Bake Lettuce Salad with Dressing Pears Bread Pudding	22 Hamburger Patty on a Bun Potato Salad Harvard Beets Fresh Cut Fruit Peanut Butter Cookie
25 Orange Chicken Fried Rice Glazed Carrots Pineapple Wheat Bread Blonde Brownie	26 Meatloaf Loaded Mashed Potatoes Broccoli Peaches Wheat Dinner Roll Oreo Sandwich Cookie	27 Swiss Steak Scalloped Potatoes Green Beans Pears French Bread Sherbert Cup	28 Herb Roasted Pork Loin Parmesan Buttered Potatoes Capri Vegetables Cinnamon Applesauce Wheat Dinner Roll Chocolate Pudding	29 Cheese & Egg Omelet Breakfast Potatoes Warm Fruit Compote Orange Blueberry Muffin



Protein Shakes and Smoothies: Are They For Me?

You might see protein supplements at the grocery store and think “those are just for young people that lift weights and are trying to build muscle”. But that’s not true. Protein shakes or smoothies can be handy in lots of situations, no matter your age or activity level. They are great when you aren’t able to make a meal, or are sick and need to get some calories. Or if you are not a breakfast eater, it can take the place of a meal and be a healthy, nutritious way to start your day. Most shakes offer 20-30 grams of protein, with a small amount of carbohydrates, a very small amount of fat, and have around 200-300 calories.

Some protein shakes come ready-to-drink in a bottle. These are very convenient for when you want to grab something on your way out the door, or on the days that you aren’t feeling well and don’t want to cook. Of course, with convenience comes cost, and these usually cost \$2-4 each.

You can also buy a tub protein powder and make your own at home. One scoop of powder has the same amount of protein as a ready-made shake and usually costs under \$20. Just mix it with water or milk, and you’re ready to go. Or thing you can use the powder to make a meal-re-placement smoothie. Mixing with fruit, vegetables, juice and even yogurt provides a meal with lots of vitamins and minerals in a glass. Even if you don’t add protein powder, using a recipe like the one below is a great way to get a quick breakfast that you can take with you on your way out the door.

Berry and Spinach Smoothie

- 1 cup orange juice
- ½ cup Greek yogurt, plain or vanilla
- 1 cup frozen berries of your choice (strawberries, blueberries, etc)
- ½ cup spinach (you won’t taste it, trust me!)
- 1 scoop protein powder (optional)

Blend in a blender. If using fresh berries some ice might be needed, but if using frozen, ice is not necessary. If too thick, add more juice or water. Contains 2 ½ servings of fruits and vegetables.

You can use many different combinations of ingredients when making smoothies. Experiment with different fruits and juices and see which one you like best! Options: froze mango, peaches, cherries, apple juice, grape juice, pineapple juice, etc. Adding Greek yogurt to the smoothie gives it calcium and more protein.