

February 2019

Monday

Tuesday

Wednesday

Thursday

Friday



Outagamie

4
Sloppy Joe on a Wheat Bun
Pickled Beets
Baked Beans
Applesauce
Warm Peach Crisp

5
Pork Chop in Mushroom Gravy
Broccoli
Hot Potato Salad
Pineapple
Wheat Bread
Tapioca Pudding

6
Baked Chicken Squash
Mashed Potatoes
Peaches
Wheat Dinner Roll
Sugar Cookie

7
Stuffed Green Pepper Casserole
Mixed Vegetables
Pears
French Bread
Cake Donut

8
Lemon Pepper Cod
Cole Slaw
Roasted Potatoes
Tropical Fruit Salad
Rye Bread
Rice Krispie Treat

11
Smoked Pulled Chicken on Wheat Bun
Diced Carrots
Parsley Buttered Potatoes
Fruit Cocktail
Seven Layer Bar

12
Beef Stew with Vegetables
Peas
Peaches
Biscuit
Chocolate Chip Cookie

13
Spaghetti with Meatballs in Tomato Sauce
Romaine Salad Dressing
Warm Apple Cobbler

14
Montreal Grilled Chicken Breast
Baked Beans
Cheesy Hashbrowns
Pink Applesauce
Wheat Dinner Roll
Valentine's Cake

15
Glazed Ham
Scalloped Potatoes
Red Cabbage
Pears
Wheat Bread
Raspberry Princess Bar

18
Pulled Pork in Gravy
Green Beans
Mashed Potatoes
Mandarin Oranges
Wheat Dinner Roll
Butterscotch Pudding

19
Tater Tot Casserole
Harvard Beets
Fruit Cocktail
Corn Muffin
Cookie

20
Hawaiian Chicken
Brown Rice
Spinach Salad Dressing
Mixed Vegetables
Pineapple
Frosted Brownie

21
BBQ Riblet
Calico Bean Casserole
Corn
Cold Fruit Compote
Wheat Bread
Applesauce Cake

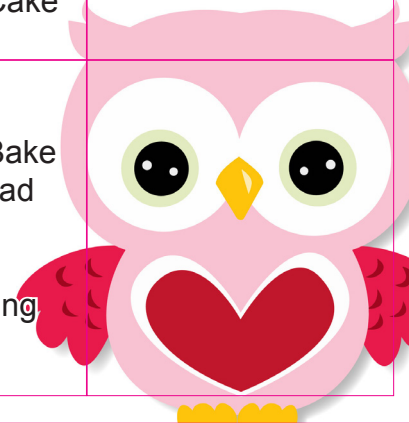
22
Classic Chili
Crackers
String Cheese
Apple
Warm Fruit Crisp

25
Swedish Meatballs Over Penne Pasta
Kidney Bean Salad
Mixed Vegetables
Fruit Cocktail
Strawberry
Oatmeal Bar

26
Salisbury Steak
Carrots
Mashed Potatoes
Tropical Fruit Salad
Wheat Bread
Lemon Bar

27
Baked Chicken in Mushroom Gravy
Broccoli Salad
Sweet Potatoes
Peaches
Wheat Dinner Roll
Cookie

28
Pizza Pasta Bake
Spinach Salad Dressing
Pears
Bread Pudding



February is Heart Health Month



February is the month we celebrate our hearts with the American Heart Association's Heart Health Month. There are many things we can do to keep our hearts healthy, including increasing physical activity, decreasing salt intake, and eating a well balanced, healthy diet. A heart healthy diet includes more foods that are plant based, as those foods have no cholesterol, and are high in vitamins and fiber. There are some "super foods" that are shown to have great advantages to keeping your heart strong and healthy. Some are foods that you could already be eating on a regular basis and might not have known how "super" they were for you. Here are some of the foods that are "super" good for your heart.

Dried Beans and Peas: An inexpensive plant based source of protein. They are high in fiber, which helps decrease your cholesterol level. The canned versions are just as healthy as the dried ones, and are less work to prepare than the bagged kind.

Berries: All types of berries (strawberries, blueberries, raspberries, etc) are high in flavonoids, which is a type of anti-oxidant that has been shown to reduce the risk of heart disease in women.

Dark leafy greens: Another group of foods that are high in fiber and antioxidants to help lower your cholesterol.

Nuts and seeds: Along with being another good source of fiber, they are also a plant based protein source and unsaturated fat (the good kind of fat).

Oatmeal: A very good source of fiber, which besides being good for your heart, can also help with diabetes control. Add some berries and nuts to your oatmeal for a "super" breakfast!

Pumpkin: Another food that is a great source of fiber, it's also a high source of potassium which helps with keeping blood pressure in a normal range. The canned version is a quick