

2019

August

canteen



Monday

Tuesday

Wednesday

Thursday

Friday

Outagamie



			<p>1 Chicken ala King over Biscuit Green Beans Peaches Chocolate Chip Cookie</p>	<p>2 Spaghetti with Meatballs in Tomato Sauce Romaine Salad Dressing Warm Apple Cobbler</p>
<p>5 Hawaiian Chicken Breast Brown Rice Spinach Salad Dressing Mixed Vegetables Pineapple Frosted Brownie</p>	<p>6 Cheesy Broccoli Ham Bake Green Beans Fresh Cut Fruit Corn Muffin Cookie</p>	<p>7 Pulled Pork in Gravy Mashed Potatoes Harvard Beets Mandarin Oranges Wheat Dinner Roll Oreo Fluff</p>	<p>8 BBQ Chicken Quarter Capri Vegetables Whole Kernel Corn Cold Fruit Compote Wheat Bread Jello Cake</p>	<p>9 Ham & Bean Soup Tuna Salad Wheat Bun Apple Warm Fruit Crisp</p>
<p>12 Salisbury Steak Mashed Potatoes Carrots Tropical Fruit Salad Wheat Bread Lemon Bar</p>	<p>13 Baked Chicken in Mushroom Gravy Sweet Potatoes Broccoli Salad Peaches Wheat Dinner Roll Cookie</p>	<p>14 Swedish Meatballs over Penne Pasta Mixed Vegetables Kidney Bean Salad Fruit Cocktail Strawberry Oatmeal Bar</p>	<p>15 Pizza Pasta Bake Spinach Salad Dressing Pears Bread Pudding</p>	<p>16 Cheese & Egg Omelet Breakfast Potatoes Warm Fruit Compote Orange Blueberry Muffin</p>
<p>19 Meatloaf Loaded Mashed Potatoes Healthy Slaw Wheat Dinner Roll Warm Peach Crisp</p>	<p>20 Orange Chicken Brown Fried Rice with Vegetables Glazed Carrots Pineapple Chocolate Pudding</p>	<p>21 Cheeseburger Macaroni Pea Salad Warm Fruit Compote French Bread Rootbeer Float Cake</p>	<p>22 Herb Roasted Pork Loin Sweet Potato Bake Cowboy Baked Beans Cinnamon Applesauce Wheat Dinner Roll Blonde Brownie</p>	<p>23 Cream of Broccoli Soup Crackers Chicken Salad Croissant Apple Cookie</p>
<p>26 BBQ Chicken Breast Roasted Sweet Potatoes Green Beans Tropical Fruit Salad Wheat Bread Cookie</p>	<p>27 Hamburger on a Wheat Bun Kansas City Baked Beans Potato Salad Pears Chocolate Eclair Torte</p>	<p>28 Chicken Broccoli Pasta Bake Spinach Salad Raspberry Vinaigrette Fresh Cut Fruit M&M Blonde Bar</p>	<p>29 Pulled Turkey in Gravy Vegetable Blend Mashed Potatoes Pineapple Wheat Dinner Roll Donut Holes</p>	<p>30 Beef Stroganoff Buttered Noodles Dilled Carrots Peaches Banana Pudding</p>



Photos courtesy of Pixabay

EAT WELL, AGE WELL. **PURPLE FOODS**

Anthocyanins are part of the flavonoid family and are typically found in plant foods. They provide the bright red-orange to blue-violet colors of many fruits and veggies. Anthocyanins are most abundantly found in berries and their juices. Studies have found that consumption of foods with this compound aids in cardiovascular disease protection. One study of 34,489 postmenopausal women found a significant reduction in death from cardio vascular and coronary artery disease with those who consumed blueberries or strawberries once a week. Another study found an 8% decrease risk of developing high blood pressure by those who had an anthocyanin rich diet. This reduction might be partially caused by a decrease in arterial stiffness and blood pressure. Anthocyanins have also been shown to reduce the spread and increase cell death of cancerous cells. Lastly, research suggests that anthocyanins can aid in preventing age-related loss of mental functions and improve memory. These compounds are thought to improve blood flow in the brain, activate synaptic signaling, and decrease nerve inflammation. Anthocyanins can be found in a wide variety of fruits and vegetables. Plums, figs, blueberries, purple potatoes, red cabbage, blue corn, eggplant, and red onions are all options. Having frozen fruit on hand can also help to increase your purple food intake. A study from 2004 found no significant loss of anthocyanin levels in frozen, fresh, or dried berries. So, start small with some blueberries and work your way up to a purple food filled diet!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 6: 5-16-17 by Emily Parsons

WEEKLY CHALLENGES

**EAT BERRIES THREE
TIMES THIS WEEK**

**TRY PURPLE
POTATOES FOR
DINNER**

**HAVE PURPLE
CABBAGE AT LEAST
ONCE THIS WEEK**

**TRY AN EGGPLANT
RECIPE AND KEEP
THE SKIN ON**

**DID YOU KNOW?
ANTHOCYANIN-RICH
FOODS AND
SUPPLEMENTS HAVE
BEEN LINKED TO
LOWER CHOLESTEROL
LEVELS AND REDUCED
BLOOD CLOTTING**