



# January 2019

## Outagamie - Hortonville

You can reach mealsite manager, Mary Davis-Harts, at 920-740-4648.  
For a meal reservation please call the day before by 12:00 Noon, Monday thru Friday.

Monday	Tuesday	Wednesday	Thursday	Friday
 canteen®	<b>1</b> <b>Happy New Year</b>	<b>2</b> Montreal Grilled Chicken Breast Baked Beans Cheesy Hashbrowns Pineapple Wheat Dinner Roll Lemon Pudding	<b>3</b> Spaghetti and Meatballs Romaine Salad Dressing Warm Apple Cobbler	<b>4</b> Glazed Ham Scalloped Potatoes Red Cabbage Apricots & Pears Wheat Bread Raspberry Princess Bar
<b>7</b> Pulled Pork in Gravy Green Beans Mashed Potatoes Mandarin Oranges Wheat Dinner Roll Butterscotch Pudding	<b>8</b> Tater Tot Casserole Harvard Beets Fruit Cocktail Corn Muffin Frosted Brownie	<b>9</b> Hawaiian Chicken Brown Rice Spinach Salad Dressing Mixed Vegetables Pineapple Cookie	<b>10</b> BBQ Riblet Calico Bean Casserole Corn Cold Fruit Compote Wheat Bread Applesauce Cake	<b>11</b> Classic Chili Crackers String Cheese Apple Warm Fruit Crisp
<b>14</b> Swedish Meatballs Over Penne Pasta Kidney Bean Salad Mixed Vegetables Fruit Cocktail Strawberry Oatmeal Bar	<b>15</b> Salisbury Steak Carrots Mashed Potatoes Tropical Fruit Salad Wheat Bread Lemon Bar	<b>16</b> Baked Chicken in Mushroom Gravy Broccoli Salad Sweet Potatoes Peaches Wheat Dinner Roll Cookie	<b>17</b> Pizza Pasta Bake Spinach Salad Dressing Pears Bread Pudding	<b>18</b> Cheese & Egg Omelet Breakfast Potatoes Warm Fruit Compote Orange Blueberry Muffin
<b>21</b> Orange Chicken Brown Fried Rice with Vegetables Glazed Carrots Pineapple Blonde Brownie	<b>22</b> Meatloaf Healthy Slaw Loaded Mashed Potatoes Wheat Dinner Roll Warm Apple Cobbler	<b>23</b> Baked Goulash Creamed Corn Casserole Warm Fruit Compote French Bread Pumpkin Cake	<b>24</b> Herb Roasted Pork Loin Sweet Potato Bake Cowboy Baked Beans Cinnamon Applesauce Wheat Dinner Roll Chocolate Pudding	<b>25</b> Cream of Broccoli Crackers Chicken Salad Croissant Apple Cookie
<b>28</b> BBQ Chicken Breast Green Beans Roasted Sweet Potatoes Tropical Fruit Salad Wheat Bread Cookie	<b>29</b> Hamburger on a Wheat Bun Kansas City Baked Beans Potato Salad Pears Chocolate Eclair Torte	<b>30</b> Chicken Broccoli Bake Spinach Salad Raspberry Vinaigrette Grapes Apple Buckle	<b>31</b> Pulled Turkey in Gravy Vegetable Blend Mashed Potatoes Pineapple Wheat Dinner Roll Donut Holes	

# MICROWAVING FOODS SAFELY



Most of us probably have a microwave oven in our kitchen; it's a great tool for reheating leftovers, making TV dinners, or cooking some frozen vegetables. But do you put much thought into making sure you are being safe when using your microwave?

When using your microwave, the electromagnetic waves that cook the food can cause "hot spots" meaning that some parts of the food (usually the outer parts of the dish) are going to be very hot, while other parts (usually the middle) will still be cold. This can cause you to burn your mouth if you aren't expecting the food to be quite so hot. It's a good idea to heat your food for a short amount of time (30-60 seconds), then stir it and heat it some more. This will prevent the hot spots from occurring and allow for more even heating. As with using any heating element (oven, stove, crockpot, etc) for cooking it's important to make sure the food you are heating reaches an internal temperature of 140°F. This is important to make sure all bacteria is killed and doesn't cause any food-borne illnesses. If you don't have a thermometer to check temperatures, as long as you see steam coming off of the food after you've stirred it, that is usually a good indication that it is at least 140°F.

Going out to dinner can be great, because usually the portion sizes are so big that you can bring home leftovers to eat for dinner the next day. However, sometimes the packaging the food is put into is not meant to be used as a dish for reheating. If the food is placed in a Styrofoam or plastic container, it should be put on a plate or bowl before being put in the microwave. There are lots of chemicals in those types of containers than can leech into the food when heated, and the containers can also melt and make your food inedible. This also counts for plastic food containers, such as sour cream, cottage cheese and margarine tubs. Also any type of metal/aluminum container should not be used as it could cause a fire and permanent damage to your microwave.

Materials that are safe to use in a microwave include: glass bowls, ceramic bowls and plates, paper towels and plates, napkins, oven cooking bags, wax paper, plastic wrap and parchment paper. There are some plastic containers that are ok to use in the microwave- they should say "microwave-safe" somewhere on the container.