



# February 2019

Monday

Tuesday

Wednesday

Thursday

Friday



## Outagamie - Hortonville

You can reach the mealsite manager at 920-740-4648.

For a meal reservation please call the day before by 12:00 Noon, Monday thru Friday.

**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