

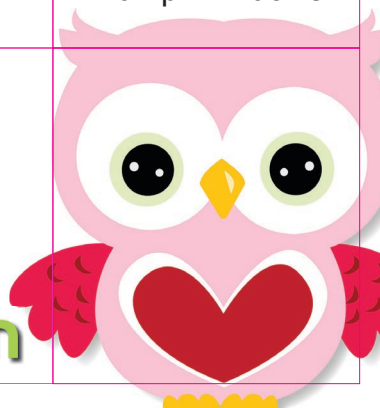
# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Orange Chicken Brown Fried Rice with Vegetables Glazed Carrots Pineapple Cookie	<b>4</b> Meatloaf Loaded Mashed Potatoes Cole Slaw Wheat Dinner Roll Warm Apple Crisp	<b>5</b> Bubble Up Pizza Bake Romaine Salad Dressing Apple Carrot Crunch Cake	<b>6</b> Roasted Pork in Apple Cream Sauce Sweet Potato Bake Cowboy Baked Beans Cinnamon Applesauce Wheat Dinner Roll Blondie Brownie	<b>7</b> Ham Salad Wheat Bun Cheesy Potato Chowder Crackers Peas Warm Fruit Compote Cake Donut
<b>10</b> Teriyaki Chicken Italian Blend Veg. Roasted Sweet Potatoes Tropical Fruit Wheat Bread Lemon Cake	<b>11</b> Shredded Turkey on Wheat Bun Hashbrown Patties Pineapple Pumpkin Cake	<b>12</b> Chicken Noodle Casserole Green Beans Spinach Salad Dressing Fruit Cocktail Blueberry Muffin	<b>13</b> Beef Stroganoff Buttered Noodles Dilled Carrots Peaches Banana Vanilla Pudding	<b>14</b> Hamburger on Wheat Bun Molasses Barrel Baked Beans Potato Salad Pears Chocolate Eclair Torte
<b>17</b> Chicken Cordon Bleu Long Grain & Wild Rice Broccoli Orange Tropical Fruit Salad Apple Cake	<b>18</b> Sloppy Joe on Wheat Bun Tomato Juice Baked Beans Peach Crisp	<b>19</b> Chicken Stir Fry over White Rice Carrots Mandarin Oranges Cranberry Toffee Cake	<b>20</b> Brat on Wheat Bun Sauerkraut German Potato Salad Fruit Cocktail Tapioca Pudding	<b>21</b> Taco Pasta Bake Mexican Corn Salad Pears Corn Muffin Cherry Crumble
<b>24</b> Creamy Hamburger in Gravy Cheesy Hashbrowns Calico Beans Mandarin Oranges Texas Toast Butterscotch Pudding	<b>25</b> Smoked Pulled Chicken on Wheat Bun Roasted Sweet Potatoes Creamed Spinach Apple Mississippi Mud Cake	<b>26</b> <b>ASH WEDNESDAY</b> Egg Salad Wheat Bun Broccoli Soup Crackers Peaches Caramel Apple Crisp	<b>27</b> Chicken Pot Pie Corn Pears Wheat Bread Oatmeal Raisin Cookie	<b>28</b> Tuna Noodle Casserole Green Peas Applesauce Cinnamon Raisin Bread Pumpkin Buckle

## 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.



*Hello! I wanted to take a moment and introduce myself. I am the new Nutrition Coordinator for the Outagamie County Nutrition Program. My primary role is working with the volunteers that have such a vital part in keeping the program going. I am also a Registered Dietitian. So, I ensure you receive nutritious meals that meet specific guidelines, in addition to creating nutrition education and offering nutrition counseling for Outagamie County Nutrition Program participants. Below you will find my contact information, please feel free to reach out if you have any questions. Happy eating!*

*Jessica Vlach, RD, CD*

920-968-2414 / [Jessica.vlach@outagamie.org](mailto:Jessica.vlach@outagamie.org)



## **February: Heart Health Month**

Written by: Jessica Vlach, RD, CD

Source: Academy of Nutrition and Dietetics (AND) Nutrition Care Manual Heart-Healthy Nutrition Therapy

With Valentine's Day in the middle of the month, it is no surprise that February is Heart Health Month! Below you will find tips on how to choose your fats wisely in order to reduce not-so-healthy blood cholesterol and lower your risk for heart disease.

- Limit saturated fat intake
  - o Try low-fat or fat-free dairy products  
(low-fat cheese, 1% or skim milk, non-fat or low-fat yogurt)
  - o Replace fatty meats (salami, regular hamburger, bacon) with lower fat options such as skinless chicken, deli turkey slices, lean ground beef (at least 90% lean)
  - o Use reduced fat, whipped, or liquid spread instead of butter
- Increase unsaturated (heart healthy) fats
  - o Swap butter altogether for liquid vegetable oils such as corn, canola, olive, or soybean
  - o Increase fish and seafood intake (aim for twice a week)
    - Be mindful of how its prepared i.e. choose baked over fried
  - o Snack on peanut butter, unsalted nuts and seeds, or hummus with vegetables or whole wheat crackers