

February 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatballs Ziti & Sauce Italian Green Beans Italian Bread Pineapple	3 Beef Stew Boiled Potatoes Peas Biscuit Peaches	4 Cream of Mushroom Soup Baked Ham Spinach Oatmeal Bread Applesauce	5 Chicken w/Asparagus Rice Pilaf Broccoli Cuts 100 % Whole Wheat Bread Banana	6 Stuffed Pepper Casserole Roast Potatoes Winter Blend Rye Bread Pudding w/ Topping
9 Orange Chicken Irish Potatoes Mixed Vegetables Sourdough Bread Pears	10 Pea Soup Egg Salad Broccoli Hamburg Roll Apple Crisp	11 Liver and Onions Roasted Potato Green Beans Mutli Grain Bread Pudding w/Topping	12 Hot Dog Baked Beans Sauerkraut Hot Dog Roll Applesauce	13 Valentine's Day Meal Roast Pork, Gravy Garlic Mashed Potatoes Butternut Squash Rye Bread Valentine Cupcakes
16 Presidents Day	17 Stuffed Cabbage Casserole Red Potatoes Mixed Vegetables Potato Bread Pears	18 Minestrone Soup Chicken Salad Spinach Hamburger Roll Peach Cobbler	19 Macaroni & Cheese Stewed Tomatoes Peas 100% Whole Wheat Bread Mixed Fruit	20 BBQ Chicken Sweet Potatoes Winter Greens Oatmeal Bread Pudding w/Topping
23 Pork Patty Brown Rice & Black Beans Corn Multi Grain Bread Orange	24 Meatloaf Scalloped Potatoes Mixed Vegetables Rye Bread Applesauce	25 Cream of Broccoli Soup Baked Fish Noodles au Gratin Multi Grain Bread Mixed Fruit	26 Roast Turkey Mashed Potatoes Brussels Sprouts in Cheese Sauce 100% Whole Wheat Bread Pudding w/ Topping	27 Lasagna Glazed Carrots Spinach 12 Grain Bread Applesauce

If you have been buying the 100 calories snack packages in order to decrease your calories, it may not be working. Research has found that eating the small packages actually had no effect on munching, the people ate nearly twice as much. When the tempting foods came in larger containers, the people actually thought more about their consumption and ate less from the large containers. Since the small packages cost more and don't really curb eating, people pay more and eat more rather than less at a higher price.

If you will not be home when your meal is delivered
 PLEASE TELL YOUR DRIVER OR CALL 1-800-961-5201

All contributions are returned to the community by helping cover the cost of nutrition programs and services.

SUGGESTED VOLUNTARY DONATION
 \$2.00 PER MEAL to help defray costs