



# February 2010

\*Modification for sugar restricted diets  
 \*\*High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Pepper Steak</b> Roasted Potatoes Mixed Vegetables Rye Bread Mixed Fruit	2 <b>Calico Beans</b> Brown Rice Peas 100 % Whole Wheat Bread Pineapple	3 Pea Soup <b>Ham Salad**</b> Mixed Greens Hamburg Roll Apple Crisp	4 <b>BBQ Pork</b> Buttered Noodles Broccoli Multi Grain Bread *Pudding w/Topping	5 <b>Beef Stew</b> Boiled Potatoes Green Beans Wheat Dinner Roll Peaches
8 <b>Stuffed Pepper Casserole</b> Spinach Peas & Carrots 100 % Whole Wheat Bread Orange	9 <b>Chicken Marsala</b> Egg Noodles Broccoli Cuts Oatmeal Bread *Pudding w/Topping	10 <b>Italian Meatballs</b> Shells w/ Sauce Italian Green Beans Italian Bread Pineapple	11 Beef Barley Soup <b>Tuna Salad</b> Sweet & Sour Red Cabbage Hamburg Roll Mixed Fruit Compote	12 <b>Happy Valentine's Day</b> <b>"Loving" Roast Turkey w/ Gravy</b> <b>"Cupid "</b> Mashed Potatoes <b>"Be Mine"</b> Wax Beans <b>"Forever"</b> Mutli Grain Bread *Valentine Cupcake
15 <b>President's Day</b>	16 <b>Stuffed Cabbage Casserole</b> Stewed Tomatoes Corn 100 % Whole Wheat Bread Pineapple	17 <b>Hot Dog**</b> Baked Beans Cole Slaw Hot Dog Roll Peach Crisp	18 <b>Baked Chicken</b> Potatoes au gratin Beets Rye Bread Banana	19 <b>Lasagna</b> Carrots Broccoli Italian Bread *Pudding w/Topping
22 <b>Veal Parmesan</b> Pasta w/Sauce Green Bean Almondine 100 % Whole Wheat Bread Pineapple	23 Potatoes Leek Soup <b>Chicken Salad</b> Glazed Carrots Whole Wheat Hamburger Roll Apple Crisp	24 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Peas & Pimentos Potato Bread Pears	25 <b>Meat Loaf w/ Mushroom Gravy</b> Mashed Potatoes Brussels Sprouts w/Cheese Sauce Oatmeal Bread *Pudding w/Topping	26 <b>Baked Fish</b> Sweet Potatoes Spinach Multi Grain Bread Mixed Fruit

Many people are concerned about their diets and consume dietary supplements and "functional foods" that promise health. Many diets are adequate without the addition of supplements and individuals may be swayed from eating a balanced diet from natural food sources because they think they can acquire the same benefits from the addition of supplements. Instead of improving their regular diet with the inclusion of whole grains, more fruit and vegetables and lower fat dairy products they rely on supplements to "catch up". It is better to forgo the processed and foods high in sugar and fat and choose more fruit and vegetables and whole grains and use supplements only if they are truly necessary to provide nutrients needed.