

# AUGUST LUNCH 2017

Table of Measurements  
Breakfast:  
-milk,juice,fruit,vegetable  
grain, bread

Lunch  
Milk,fluid,meat,1st fruit/  
vegetable,2nd fruit/  
vegetable,grain,bread

P.M.Snack  
Milk, fluid, meat/meat  
alternate,grain,bread,juice,  
vegetable,fruit,bread

Key:  
Bread— 2 slices  
Veggies/fruit—1/2 cup  
Protein—3 oz.  
Entrée,Casserole, and/or  
soup—1 cup  
Skim or Fat Free Milk/fluid—8  
oz.

**MONDAY**                      **TUESDAY**                      **WEDNESDAY**                      **THURSDAY**                      **FRIDAY**

	1 Loaded Baked Potato w/chicken, cheese & broccoli, 390c 7 Layer salad 140c, pineapple tidbits 65c, WG bread 69c, milk 122c	2 Old fashion beef vegetable soup w/saltines 253c, sliced ham & cheese sandwich on WG bread 240c, sliced pears 40c, milk 122c	3 Beef ravioli 300c, mixed vegetables 60c, fruited strawberry Jell-O parfait 90c, WG wheat bread 69c, milk 122c	4 Oven Baked chicken 174c, mashed potatoes 150c, corn casserole 166c WG whole wheat bread 69c, carrot cake slice 190c, milk 122c
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	Calories : 641	Calories - 655	Calories -641	Calories—680
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7 Beef Goulash 271, Buttered peas 60c applesauce 55c, whole WG wheat Bread 69c, milk 122c	8 Tuna noodle casserole 320c, steamed broccoli 100c, tropical fruit mix, 112c WG Bread 69c, milk 122c	9 Seasoned pork Roast w/gravy 380c, Savory Mashed Potatoes 150c, peas and carrots 60c, WG wheat bread 69c, milk 122c	10 Bratwurst on Enriched Bun 210c, sauerkraut 55c, 3 bean bake 110c, fruit salad 80c, milk 122c	11 Ham and Bean 225c, cornbread muffin 137c, slaw 170c, oven fried potatoes w/ peppers & onions 127c, milk 122c
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Calories: 557	Calories: 723	Calories: 781	Calories: 577	Calories: 781
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14 Meatloaf 220c, mashed potatoes 150c, brussel sprouts 65c, WG wheat bread 69c, milk 122c	15 Hot dog on enriched bun 280c, kidney bean salad 160c, scalloped potatoes 175c, milk 122c	16 Egg casserole, with meat cheese and veggies 250c, enriched biscuits 160c, milk gravy 110c, warm cinnamon apples 75c, milk 122c	17 Macaroni and cheese with ham cubes 380c, glazed carrots 80c, apple crisp 50c, WG wheat bread 69c, milk 122c	18 Baked spaghetti 290c, WG garlic toast 59c, whole kernel corn 60c, mandarin orange slices 55c, milk 122c
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Calories: 626	Calories: 737	Calories: 717	Calories: 701	Calories: 586
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21 BBQ rib lets 220c, baked beans w/onions 110c, deviled eggs 62c, WG wheat bread 69c, milk 122c	22 Chicken pot pie with veggies 340c, garden salad with ranch 120c, sliced pears 60c, milk 122c	23 Pork steak with gravy 350, stuffing 150c candied sweet potatoes 140c, sliced pineapple 40c, milk 122c	24 Egg salad on fortified white bread 220c, chips 110c, bean salad 160c, Birthday cake 145c, milk 122c	25 Chicken and noodles 309c, mashed potatoes 150c, seasoned green beans 60c, WG wheat bread 69c, milk 122c
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Calories: 583	Calories: 642	Calories: 802	Calories: 757	Calories: 710
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28 Pizza w/meat cheese & veggies 280c, bacon ranch pasta salad 180c, peanut butter oatmeal no bake cookies 115c, milk 122c	29 Hamburger on bun, tomato, lettuce, onion, 210c cauliflower w/cheese 110c, banana 105c, milk 122c	30 Swiss steak with tomato gravy 320c, mashed potatoes 150c, creamed peas 75c, WG wheat bread 69c, milk 122c	31 BBQ glazed leg quarter 220c, breaded tomatoes 75c, a 'gratin potatoes 110c, WG wheat bread 69c, lemon cupcake 130c, milk 122c	
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Calories: 697	Calories: 547	Calories: 736	Calories: 726	
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## Benefits of an Active Lifestyle

*National Institute on Aging*  
Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

**Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.

**Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.

**Are happier and less depressed.** Studies suggest that older adults who participate in what they believe

are meaningful activities, like volunteering in their communities, say they feel happier and healthier. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success. They think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.

**Are better prepared to cope with loss.** Studies suggest that volunteer-

ing can help with stress and depression from the death of a spouse. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

**May be able to improve their thinking abilities.** Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course.

Other studies are providing new information about ways that creative activities like music or dance can help older adults.

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