

Washoe County Senior Nutrition

July 2024



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1</p> <p>Beef and Cabbage Casserole Lima Beans Whole Kernel Corn Multi-Grain Bread Orange Juice</p> <p><i>Asian Pork Salad Asian Sesame Salad Dressing</i></p>	<p>2</p> <p>Breaded Chicken Patty Country Gravy Oven Roasted Potatoes Broccoli Whole Wheat Bread Fresh Pear</p> <p><i>Taco Salad Taco Sauce</i></p>	<p>3</p> <p><i>~Independence Day Meal~</i> Beef Frank Potato Wedges Whole Wheat Hot Dog Bun Bread Pudding Fresh Orange</p> <p><i>Southwest Chicken Salad Ranch Salad Dressing</i></p>	<p>4</p> <p>Closed <i>Independence Day</i></p>	<p>5</p> <p>Tuna Salad Herbed Potato Salad Coleslaw Whole Wheat Bread (2 slices) Fresh Banana</p> <p><i>Chef Salad Ranch Salad Dressing</i></p>	
<p>8</p> <p>Chili Green and Gold Potatoes Whole Kernel Corn Whole Grain Roll Fresh Orange</p> <p><i>Southwest Ham Salad Ranch Salad Dressing</i></p>	<p>9</p> <p>Shredded Pork BBQ Sauce Mixed Beans Diced Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Chicken Caesar Salad Caesar Salad Dressing</i></p>	<p>10</p> <p>Lemon Pepper Pollock Parslied Rotini Brussels Sprouts Multi-Grain Bread Fresh Apple</p> <p><i>Jamaican Pork Salad Balsamic Vinaigrette</i></p>	<p>11</p> <p>Whole Grain Popcorn Chicken O'Brien Potatoes Green Beans Whole Grain Roll Fresh Banana</p> <p><i>Beef Lo Mein Salad Italian Salad Dressing</i></p>	<p>12</p> <p>Taco Meat Shredded Lettuce Tomato Mexican Rice Fiesta Vegetable Blend Flour Tortilla Fresh Pear</p> <p><i>Chicken Cordon Bleu Salad Blue Cheese Salad Dressing</i></p>	
<p>15</p> <p>Swedish Meatballs Penne Noodles Broccoli Whole Grain Roll Fresh Banana</p> <p><i>Turkey Club Salad Italian Salad Dressing</i></p>	<p>16</p> <p>Chicken Salad Green Pea Salad Carrot Slaw Whole Wheat Bread (2 slices) Orange Juice</p> <p><i>Krab Salad 1000 Island Salad Dressing</i></p>	<p>17</p> <p>Meatloaf Brown Gravy Brown Rice Garden Vegetable Blend Whole Wheat Bread Fresh Pear</p> <p><i>Chicken Club Salad Italian Salad Dressing</i></p>	<p>18</p> <p>Krab Cake Macaroni and Cheese Brussels Sprouts Multi-Grain Bread Fresh Apple</p> <p><i>Taco Salad Taco Sauce</i></p>	<p>19</p> <p>Barbecue Chicken Navy Beans Mixed Vegetables Whole Grain Roll Fresh Orange</p> <p><i>Asian Pork Salad Asian Sesame Salad Dressing</i></p>	
<p>22</p> <p>Chicken Noodle Casserole Whole Kernel Corn Diced Carrots Multi-Grain Bread Orange Juice</p> <p><i>Chef Salad Ranch Salad Dressing</i></p>	<p>23</p> <p>Mu Shu Pork Brown Rice Broccoli Whole Grain Roll Fresh Banana</p> <p><i>Turkey Club Salad Ranch Salad Dressing</i></p>	<p>24</p> <p>Breaded Chicken Patty Shredded Lettuce Tomato Delmonico Potatoes Green Peas Whole Wheat Hamburger Bun Fresh Apple</p> <p><i>Roast Beef Chef Salad Balsamic Vinaigrette</i></p>	<p>25</p> <p>Roasted Pork Brown Gravy Whipped Potatoes Lima Beans Whole Grain Roll Fresh Pear</p> <p><i>Barbecue Chicken Salad Ranch Salad Dressing</i></p>	<p>26</p> <p>Tuna Noodle Au Gratin Cauliflower Green Beans Cornbread Fresh Orange Birthday Dessert</p> <p><i>Chicken Spinach Salad 1000 Island Salad Dressing</i></p>	
<p>29</p> <p>Spaghetti Meat Sauce Parslied Noodles Broccoli Whole Grain Garlic Breadstick Fresh Apple</p> <p><i>Berry Almond Chicken Salad Raspberry Vinaigrette</i></p>	<p>30</p> <p>Mozzarella Chicken Northern Beans California Vegetable Blend Whole Wheat Bread Fresh Pear</p> <p><i>Taco Salad Taco Sauce</i></p>	<p>31</p> <p>Krab Cake Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Chicken Cordon Bleu Salad Blue Cheese Salad Dressing</i></p>	<p></p> <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>		
				<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <p>Individuals under 60 may purchase a meal for \$4.00</p> <p>Milk & condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p>	

beat the summer heat

STAY

Hydrated!

WASHOE COUNTY
Nutrition Sites
Monday – Friday

Why Hydrate

Proper hydration is important for normal body function. Being well-hydrated supports your immune system, energy levels, brain function, and physical performance. It may also help relieve and prevent headaches, constipation, and kidney stones, aid in weight loss, and decrease joint pain.

Daily Fluid Requirements

Women: 11.5 cups

Men: 15.5 cups

What to Eat and Drink

Water is the healthiest and most efficient way to stay hydrated but your daily fluid needs can come from the foods you eat or other beverages you drink. Here are some alternative ways to stay hydrated:

1. **Infused Water** - Add natural flavors to your water by infusing it with slices of fruits, vegetables, or herbs, like lemon, cucumber, and mint.
2. **Milk & Plant-based Milk Alternatives** – Liquid milk and plant-based milks, yogurt, and cottage cheese contribute to hydration while providing additional nutrients like calcium and vitamin D.
3. **Water-Rich Fruits and Vegetables** – Consume fruits and vegetables with high water content, such as watermelon, cucumber, celery, oranges, strawberries, and lettuce.
4. **Smoothies** – Create hydrating smoothies by blending water-rich fruits, vegetables, and yogurt or a plant-based milk alternative.
5. **Broths and Soups** – These contribute to your overall fluid intake while providing additional nutrients. Aim for low-sodium options.
6. **Ice Pops and Frozen Treats** – Make homemade ice pops using p fruits or 100% fruit juices. These can be a refreshing and hydrating option during hot summer months.
7. **Low Sugar Mocktails** – Enjoy refreshing beverages without the excessive sugar found in many traditional cocktails or the dehydrating effects of alcohol.

Signs You May Be Dehydrated

Know the signs of dehydration. Signs may include:

- Intense thirst
- Exhaustion or increased perception of effort
- Increased body temperature
- Faster breathing and pulse rate
- Dark urine color
- Confusion
- Fainting

Senior Center in Reno

775-328-2786

1155 E. 9th Street, Reno

Reservations at 9th Street Center

Hot Meal: No reservation required

Salad Meal: Make reservation by 8:30am on the day of service in person or by phone at 775-328-2786

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30am on the day the meal is served.

Thank you.

Neil Road Rec Center

775-328-2786

3925 Neil Road, Reno

Turn on Mauldin, last building on left

Senior Center in Sparks

775-353-3113

97 Richards Way, Sparks

Metropolitan Gardens

Sign up at site

325 E. 7th Street, Reno

Senior Center in Sun Valley

775-328-2786

115 W. 6th Avenue, Sun Valley

Sierra Manor

775-328-2786

2350 Paradise Drive, Reno

Cold Spring Senior Center

775-328-2786

3355 White Lake Pkwy, Reno

Rainbow Bend

775-328-2786

800 Peri Ranch Road, Lockwood

Spanish Springs,

Lazy 5 Regional Park

775-328-2786

7100 Pyramid Way, Sparks

Open Tuesday-Friday

Senior Center in Gerlach

775-557-2206

385 E. Sunset Blvd, Gerlach, NV 89412
(106 miles from Reno)

Westbrook Community Center

775-328-2786

315 Westbrook Lane, Lemmon Valley