

# Washoe County Senior Nutrition

## December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Chicken Cacciatore</b> Penne Pasta Succotash Zucchini Whole Wheat Garlic Breadstick Tropical Fruit  <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i>	<b>3</b> <b>Broiled Cod</b> <b>Tarragon Sauce</b> Delmonico Potatoes Glazed Baby Carrots Ranch House Tomatoes Whole Grain Roll Diced Peaches <b>Turkey Chef Salad</b> <i>Ranch Salad Dressing</i>	<b>4</b> <b>Barbecue Chicken Breast</b> Baked Beans Creamed Spinach Whole Wheat Bread Fresh Orange  <i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i>	<b>5</b> <b>Meatloaf</b> <b>Brown Gravy</b> Whipped Potatoes Green Beans Whole Grain Roll Fresh Banana  <i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i>	<b>6</b> <b>Pork Adobo</b> Brown Rice Black Beans Winter Vegetables Multi-Grain Bread Fresh Pear  <i>Taco Salad</i> <i>Taco Sauce</i>
<b>9</b> <b>Parmesan Crusted Pollock</b> Confetti Rice Lima Beans Cheesy Brussels Sprouts Whole Grain Roll Rosy Applesauce  <i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i>	<b>10</b> <b>Chicken Caprese</b> Garlic and Red Pepper Penne Italian Vegetables Club Spinach Whole Wheat Garlic Breadstick Tropical Fruit  <i>Seafood Salad</i> <i>1000 Island Dressing</i>	<b>11</b> <b>Cuban Shredded Pork</b> Ranch Beans Pineapple Slaw Whole Wheat Hamburger Bun Apple Cobbler  <i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i>	<b>12</b> <b>Steak and Eggs</b> O'Brien Potatoes Stewed Tomatoes Whole Grain Biscuit Fresh Banana  <i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i>	<b>13</b> <b>Homestyle Turkey Patty</b> <b>Poultry Gravy</b> Whipped Potatoes Glazed Baby Carrots Whole Wheat Roll Fresh Orange  <i>Turkey Garden Salad</i> <i>Italian Dressing</i>
<b>16</b> <b>Baked Chicken Breast</b> <b>Balsamic Onion Jam</b> Sweet Potato Casserole Broccoli Whole Wheat Roll Fresh Banana  <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i>	<b>17</b> <b>Beef Patty</b> Lettuce and Tomato Tater Tots Baked Beans Whole Wheat Hamburger Bun Mixed Fruit  <i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i>	<b>18</b> <b>Whole Grain Fish Sticks</b> Macaroni and Cheese French Green Beans Multi-Grain Bread Fresh Orange  <i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i>	<b>19</b> <b>Cuban Citrus Mojo Chicken</b> Lentil Vegetable Pilaf Brussels Sprouts Whole Wheat Roll Fresh Apple  <i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i>	<b>20</b> <b>Beef Tips w/Gravy</b> Egg Noodles Green Peas Diced Carrots Multi-Grain Bread Tropical Fruit  <i>Taco Salad</i> <i>Taco Sauce</i>
<b>23</b> <b>Shrimp Fettuccini</b> Parslied Carrots Whole Kernel Corn Whole Wheat Roll Mandarin Oranges  <i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i>	<b>24</b> ~Christmas Day Meal~ <b>Sliced Turkey Breast</b> <b>Orange Sauce</b> Au Gratin Potatoes Green Beans Whole Wheat Roll Chocolate Mousse Fresh Apple <b>Mango Chicken Salad</b> <i>Balsamic Vinaigrette</i>	<b>25</b> Closed for Holiday  Christmas Day	<b>26</b> <b>Spaghetti Meat Sauce</b> Whole Grain Spaghetti Noodles Cauliflower Mixed Green Salad Whole Wheat Garlic Breadstick Mixed Fruit Crisp  <i>Seafood Salad</i> <i>1000 Island Dressing</i>	<b>27</b> <b>Fajita Chicken</b> Mexican Rice Pinto Beans Whole Grain Corn Tortilla Fresh Orange Birthday Dessert  <i>Turkey Garden Salad</i> <i>Italian Dressing</i>
<b>30</b> <b>Chicken Cordon Bleu</b> Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Fresh Pear  <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i>	<b>31</b> ~New Year's Day Meal~ <b>Glazed Ham</b> Black-eyed Peas Cabbage Whole Wheat Roll Fresh Pear  <i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i>	 <p>TRIO Community Meals an elior company</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 &amp; condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p> <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>

# KNOW YOUR FOOD LABEL



## WASHOE COUNTY Nutrition Sites Monday – Friday

Organic. Natural. Plant-based. Are you confused by the front-of-the package labeling? Turn the package and look no further than the Nutrition Facts Label. The Nutrition Facts Label is where you can find the information you need to determine if a food item is the best choice for you. Learn more below.

**1. Serving Information:** Provides number of **servings per container** and the single serving size.

**2. Calories:** Identifies total calories per serving size and **NOT** the whole container.

**3. Nutrients:** Identifies the amount of key nutrients in the food item for a single serving. **TIP:** Nutrients to consume more of: fiber, vitamin D, calcium, iron, and potassium. Nutrients to consume less of: saturated fats, cholesterol, sodium, and added sugars.

**4. % Daily Values:** Provides the percentage of each nutrient in a single serving compared to how much you need in one day. The percentage is based on a 2000 calorie diet. **TIP:** Low is 5% or less: aim low in saturated fat, cholesterol, sodium, and added sugars. High is 20% or more: aim high in vitamins, minerals, and dietary fiber.

**5. Ingredient List:** Ingredients are listed in descending order based on the weight of the ingredient. **TIP:** Choose items most often that contain whole food ingredients listed first on the label.

**6. Food Allergens:** Allergens legally required to be on the label are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybean, and sesame. They can be labeled in three different ways: a “contains” statement, within the ingredient list, or within parentheses.

Nutrition Facts	
1 Bar Serving Size (52 G)	
Amount Per Serving	
<b>Calories</b>	<b>190</b>
	%Daily Value*
<b>Total Fat</b> 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
<b>Cholesterol</b> 5 mg	1%
<b>Sodium</b> 140 mg	6%
<b>Total Carbohydrate</b> 24 g	9%
Dietary Fiber 6 g	21%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 12 g	22%
Vitamin D 0 mcg 0%    Calcium 40 mg 2%	
Iron 1.4 mg 8%    Potassium 400 mg 8%	
<b>INGREDIENTS:</b> Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors.	
CONTAINS EGGS, ALMONDS AND CASHEWS. May contain peanuts and other tree nuts.	

**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