

Washoe County Senior Nutrition

FEBRUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Washoe County Senior Services - 775.328.2575 - www.washoecounty.us/seniorsrv - 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 - Milk & condiments served with meals - *A substitute item prepared with less sugar will be available.</p>			
<p>3</p> <p>Beef Tips w/Gravy Egg Noodles Whole Kernel Corn Herbed Green Peas Multi-Grain Bread Rosy Applesauce</p> <p><i>Chicken Caesar Salad Caesar Salad Dressing</i></p>	<p>4</p> <p>Taco Meat Shredded Cheese Lettuce Tomato Pinto Beans Fiesta Vegetables Whole Wheat Tortilla Seasonal Fruit <i>Mango Chicken Salad Balsamic Vinaigrette</i></p>	<p>5</p> <p>Lemon Chicken Brown Rice Spring Vegetables Whole Grain Roll Fresh Banana</p> <p><i>Turkey Club Salad Blue Cheese Dressing</i></p>	<p>6</p> <p>BBQ Pork Rib Patty Lyonnaise Potatoes Glazed Baby Carrots Whole Wheat Hamburger Bun Fresh Pear</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	<p>7</p> <p>Creole Tilapia Cajun Rice Creamed Spinach Whole Grain Roll Fresh Orange</p> <p><i>Turkey Garden Salad Italian Dressing</i></p>
<p>10</p> <p>Beef Casserole Whole Kernel Corn Broccoli Florets Whole Grain Garlic Breadstick Fluffy Fruit Salad</p> <p><i>Krab Cake Salad Creamy Italian Dressing</i></p>	<p>11</p> <p>Balsamic Onion Chicken Orzo w/Red Peppers Zucchini and Tomatoes Garlic Texas Bread Seasonal Fruit</p> <p><i>Turkey Chef Salad Ranch Salad Dressing</i></p>	<p>12</p> <p>Roasted Pork Creamy Garlic Sauce Fall Vegetable Hash Green Beans Whole Grain Roll Fresh Orange</p> <p><i>Fall Harvest Salad Balsamic Vinaigrette</i></p>	<p>13</p> <p>Baja Baked Chicken Black Beans Brussels Sprouts and Corn Whole Grain Roll Fresh Apple</p> <p><i>Roast Beef Chef Salad Italian Dressing</i></p>	<p>14 ~Valentine's Day Meal~</p> <p>Roast Beef Onion Gravy O'Brien Potatoes Herbed Green Peas Whole Grain Roll Fresh Pear</p> <p><i>Taco Salad Taco Sauce</i></p>
<p>17</p> <p><i>Closed for Holiday</i></p> <p><i>President's Day</i></p>	<p>18</p> <p>Baked Tilapia Tarragon Sauce Northern Beans Broccoli Florets Whole Grain Roll Fresh Banana</p> <p><i>Mango Chicken Salad Balsamic Vinaigrette</i></p>	<p>19</p> <p>Cuban Shredded Pork Corn O'Brien Red and White Coleslaw Whole Wheat Hamburger Bun Pineapple Cobbler</p> <p><i>Turkey Club Salad Blue Cheese Dressing</i></p>	<p>20</p> <p>Salisbury Steak Brown Gravy Green & Gold Potato Casserole Brussels Sprouts Wheat Bread Fresh Apple</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	<p>21</p> <p>Mongolian Chicken Brown Fried Rice Glazed Baby Carrots Wheat Bread Fresh Orange</p> <p><i>Turkey Garden Salad Italian Dressing</i></p>
<p>24</p> <p>Chicken Curry Coconut Rice Key Largo Vegetables Whole Grain Roll Fresh Orange Milk</p> <p><i>Krab Cake Salad Creamy Italian Dressing</i></p>	<p>25</p> <p>Country Fried Steak Country Gravy O'Brien Potatoes Diced Carrots Green Peas Whole Grain Roll Diced Peaches</p> <p><i>Turkey Chef Salad Ranch Salad Dressing</i></p>	<p>26</p> <p>Garlic Rosemary Chicken Egg Noodles Garden Vegetables Whole Grain Roll Fresh Pear</p> <p><i>Fall Harvest Salad Balsamic Vinaigrette</i></p>	<p>27</p> <p>Parmesan Crusted Pollock Confetti Rice Green Beans w/ Tomatoes/Onions Whole Grain Roll Seasonal Fruit</p> <p><i>Roast Beef Chef Salad Italian Dressing</i></p>	<p>28</p> <p>Shredded Pork Sweet Thai Chili Sauce Black Beans Cabbage Whole Grain Roll Fresh Banana</p> <p><i>Taco Salad Taco Sauce</i></p>

AMERICAN
HEART
HEALTH
MONTH

fast food for a Healthy Heart



When we think of American Heart Health Month we do not usually think of “fast food.” When we hear “fast food” typically the words that come to mind are “unhealthy,” “convenient,” and “cheap.” Many fast-food restaurants now offer healthier options or allow for customization to create more balanced meals. Prioritizing lean proteins, whole grains, and plenty of vegetables can make fast food part of a healthy diet in moderation. Follow these tips and tricks to put a healthy spin on your next fast-food order.

- **Grilled over Fried.** Select grilled chicken or fish instead of fried or breaded versions.
- **Salads with Caution.** Choose salads with plenty of vegetables, lean protein, and a vinaigrette (oil and vinegar-based) or light dressing. Avoid or limit high-calorie toppings like croutons, cheese, and creamy dressings.
- **Portion Control.** Choose smaller portion sizes or kids’ meals to manage calorie intake.
- **Skip the Extras.** Avoid adding extra cheese, bacon, or mayonnaise. Instead, ask for extra veggies in sandwiches, salads, pizzas, and wraps.
- **Drink Smart.** Opt for water, unsweetened iced tea, or other low-calorie beverages instead of sugary sodas.
- **Dressings On the Go.** Order dressing and sauces on the side, so you can control how much is added.
- **Share Dessert.** Split with the table, choose the smallest size, or order fresh fruit instead.
- **Come Prepared.** Read the menu before you go, so you have time to make a healthy choice.
- **Be Mindful of Nutrition Facts & Ingredients.** Look for each of these:
 - ✓ **Calories** – Choose lower-calorie, nutrient-dense foods like vegetables and fruits, whole grains, and lean proteins.
 - ✓ **Sodium** – Aim for less than 2,300 mg of sodium daily.
 - ✓ **Fat** – Choose items that have more heart healthy unsaturated fatty acids, such as avocados, nuts, seeds, and olive oil. Choose less saturated fats like butter, fried food, full fat dairy products, baked goods, and processed foods.
 - ✓ **Added Sugar** – Aim for less than 10% of your daily calories from added sugars.
 - ✓ **Whole Foods** – Look for menu items that include more whole foods rather than highly processed ones.
 - ✓ **Whole Grains** – Swap white bread for whole grain bread for more heart healthy fiber.
 - ✓ **Lean Meats** – Choose lean meats, such as chicken, turkey, or seafood over fattier meats, such as beef, pork, and bacon. Or select a plant-based protein like beans or a veggie burger.
 - ✓ **Vegetables and Fruits** – Add extra fruits and vegetables to your next to-go salad or sandwich for more vitamins and minerals in your diet.