

BONNIE DALLAS SENIOR CENTER MENU

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Served Daily Menu Subject to Change</p>		1 Baked Fish Tarter Sauce Lemon Wedges Coleslaw Carrots Sherbet	2 Egg Salad Sanwich Spinach Pickle Oranges	3 Bean and Cheese Burrito w/Green Chili Sauce Spanish Rice Stewed Tomatos Salad Fruit Cocktail
		6 Spaghetti w/ Meat Sauce Corn Salad Garlic Bread Apples	7 Pork Posole Spinach Cornbread Peaches	8 Tater Tot Casserole California Veggies Roll Cookie Cottage Cheese w/ Pears
13 Ham and Beans Spinach Cucumber Salad Pears and Cottage Cheese	14 Macaroni and Cheese Black Beans Salad Roll Applesauce	15 Kielbasa Cabbage Corn Roll Apple	16 Chicken and Noodle Carrots Salad Roll Ice Cream	17 Hamburger on the Grill Lettuce, Tomato, Onion Pickle Baked Beans Potato Salad Tropical Fruit
20 Hot Dog Sauerkraut Baked Beans Salad Ice Cream	21 Green Chili Stew Salad Cornbread Peaches	22 Meatloaf Mashed Potatos w/ Gravy Roll Green Beans Grapes	23 Tuna Casserole Carrots Salad Roll	24 Grilled Cheese Tomato Soup Pickle Spear Cracker Cake
27 Beef Stew Salad Cornbread Oranges	28 Chili Rellanos w/ Green Chili Sauce Pinto Beans Salad, Crackers Peaches	29 Honey Mustard Chicken Peas and Carrots Salad Roll Vanilla Pudding	30 Frito Pie Salad Corn Peach Crisp	31 Chicken Salad Lettuce, Tomato, Pickle Beet Salad Roll Tropical Fruit

FACE FEEL PUFFY?

JEANS FIT TIGHTER?



In **3** weeks you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating



On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit.

3,400mg
average
sodium intake

1,500mg
recommended
sodium intake

IN ONLY

SALTY WAYS

21 DAYS

Nutrition Facts	
Serving Size 5oz (140g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Sodium 580mg	26%
Cholesterol 110g	56%
Total Fat 15g	31%

Learning to read & understand food labels can help you make healthier choices.

heartcheckmark.org



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

WEEK ONE

Breads & Rolls

Cold Cuts & Cured Meats

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

WEEK TWO

Pizza

Poultry

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

WEEK THREE

Soups

Sandwiches

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

KNOW THE SALTY 6

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches



Choose wisely, read nutrition labels & watch portion control.



American Heart Association

American Stroke Association

life is why™