



JUNE 2023 DINNER SPECIALS



SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Did you know? <ul style="list-style-type: none"> Everything is priced a la carte Breakfast is served 7:30-10 Lunch is served 11:30-2pm Dinner is served 5-7pm 		A La Carte Entrée.....\$5.98 Starch.....\$1.50 Vegetable...\$1.50	1 Turkey Tacos Refried Beans Pico de Gallo & Chips	2 Meatloaf Mashed Potatoes Sautéed Zucchini	3 Chicken Picatta Mushroom Barley Spinach Salad
4 Uncured Honey Ham Scalloped Potatoes Glazed Carrots	5 Beer Battered Fish Potato Salad Classic Carrot Salad	6 BBQ Ribs Baked Beans Corn on the Cobb	7 Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	8 Gyro Couscous Hummus & Veggies	9 Cobb Salad Pasta Salad Watermelon Radish Salad	10 Ham & Swiss Quiche Breakfast Potatoes Arugula Salad
11 Chicken Stir-Fry Pot Stickers Baby Bok Choy	12 Ahi Tuna Steaks Rice Pilaf Arugula Salad	13 Chinese Beef with Broccoli & Rice Pot Stickers Spring Rolls	14 Piña Pork Tacos Chips & Salsa Black Bean Corn Salad	15 BBQ Chicken Pasta Salad Corn on the Cobb	16 Seasoned Pork Loin Macaroni & Cheese Creamed Spinach	17 Turkey & Quinoa Stuffed Peppers Zucchini Bread Spinach Soufflé
18 Spaghetti & Meatballs Garlic Bread Green Beans	19 Alaskan Sole Wild Rice Roasted Broccoli	20 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	21 Chicken Mole Tacos Refried Beans Spicy Cole Slaw	22 Burger Bar Red Potato Wedges Greek Salad	23 Grilled Chicken Caesar Salad Bread Stick Avocado Half	24 Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw
25 Enchilada Casserole Spanish Rice Chili Lime Corn	26 Shrimp Scampi Warm Bread Steamed Broccoli	27 Chicken Sausage Potato Pierogis Coleslaw	28 Sausage & Kale Alfredo Sweet Potato House Salad	29 Lemon Pepper Tilapia Wild Rice Parsley Carrots	30 Flank Steak Baked Potato Asparagus	

If you are eating all of the colors of the rainbow you are likely consuming a variety of bioactive compounds called **phytochemicals** or **phytonutrients** (phyto means plant in Greek). These compounds are responsible for the color, odor & flavor of plant foods. Research has shown that diets high in phytonutrient-rich foods like fruits, veggies, whole grains, tea, cocoa and wine can **reduce the risk of several chronic diseases** such as hypertension, heart disease, stroke, Type 2 Diabetes, neurodegeneration & cancer. So, eat all of the colors of the rainbow every day!

Tips to Help Kids Enjoy Fruits and Veggies

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Fruits and vegetables are loaded with the nutrients kids need to grow, be strong and healthy and perform well in school. Unfortunately, most children don't eat enough. Here are some ideas on how to make meals nutritious and delicious by incorporating fruits and veggies in fun and interesting ways that kids will enjoy.

Fill Half the Plate with Fruits and Vegetables

Encourage kids to consume more of these nutritional powerhouses by making them the star of the meal. Dish out generous helpings and always include options that your family enjoys. Serve vegetables in their undisguised state to give your child an opportunity to explore the tastes, textures and aromas. When kids see vegetables served center stage they learn to internalize what a balanced plate looks like. In addition, since most

vegetables require lots of chewing, they naturally also slow down children, helping them eat more mindfully and encourage them to linger at the table rather than squirming in their seats.

Take Fruit to Lunch Fruit is a great way to add a little sweetness to lunch. Make a habit of tucking an apple, tangerine, melon slices, two plums or kiwifruit, grapes, cherries or dried fruits into lunch bags.

Stuff Sandwiches with Fruits & Vegetables Encourage produce-heavy sandwiches by creating a sandwich bar with whole-grain breads, wraps & rolls, various lean meats, low-fat cheese, sliced tomato, bell pepper rings, cucumber rounds, lettuce, marinated artichoke hearts, roasted red peppers, avocado slices, hummus & mustard.

Experiment to Try New Flavors and Textures Substitute a new-to-you fruit or vegetable in a favorite recipe. Try mustard greens in stir-fries, jicama in salad or plantains in stew. Also be sure to have your children pick out a new fruit or vegetable at the grocery store or farmers market to make kids more likely to try new flavors.

Toss a Fruit and Vegetable Salad Combine colorful vegetables, legumes and fruits (such as berries, kiwifruit or mandarin oranges). Even if you prefer iceberg lettuce, which delivers less nutrients than other greens, pair it with other veggies — sliced beets, diced peppers, shredded red cabbage, spinach leaves, baby carrots.

Try Veggies at Breakfast Fill omelets with a rainbow of diced veggies, create a colorful tofu scramble with your favorite vegetables or serve toast topped with avocado, white beans and sautéed mushrooms.

Incorporate Veggies into Other Foods If your children prefer to push peas around the plate instead of eating them, you've probably considered sneaking a few veggies into their favorite foods. While a little stealth nutrition can help children eat more vegetables, it shouldn't be your only strategy. If you're always hiding vegetables, how will your family get to know & enjoy them? By offering your family a variety of options they will be more likely to grow into true vegetable lovers. You don't need to hide vegetables on a regular basis. However, if you have a picky eater who doesn't like vegetables, disguising them a little can be a helpful way to get more into their diet. When it comes to getting children to happily eat veggies, the more alternatives the better. So go ahead and fold mushrooms into meatloaf & shred carrots into spaghetti sauce. Using vegetables as a condiment is an easy way to give veggies more face time without making it overwhelming. Top pizza with onions & peppers, sprinkle tomatoes & avocados on tacos or fold butternut squash into mac and cheese.

Mix it Up Eating the same old plate of steamed vegetables each day would be boring for anyone, so be sure to keep it interesting and varied. For instance, just because your family doesn't enjoy roasted vegetables doesn't mean they won't love them sautéed with garlic. Get creative and try different cooking methods, herbs and spices or try offering veggies raw with dip or in a crunchy salad.

If these efforts don't immediately boost your children's fruit and vegetable intake, take heart and be patient. Never force the issue because that usually backfires. Simply continue to make fruits and veggies a part of every meal and snack and offer them in a variety of ways. Eventually your children will develop a taste for a few favorites.