

January 2024 Dinner Specials

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>A La Carte</u> Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50	1 New Year Brunch Breakfast Potatoes Arugula Salad	2 Turkey Chili Bar Corn Bread Sautéed Zucchini	3 Chinese Beef with Broccoli Pot Stickers Egg Rolls	4 Shrimp Fajitas Refried Beans Guacamole & Chips	5 Kielbasa w/ Peppers & Sauerkraut Potato Pierogis Roasted Broccoli	6 Chicken Fried Steak Scalloped Potatoes Glazed Carrots
7 Lemon Caper Chicken Steamed Rice Green Beans	8 Beer Battered Fish Potato Salad Classic Carrot Salad	9 Turkey Tacos Spanish Rice Pico de Gallo & Chips	10 BBQ Ribs Corn Bread Coleslaw	11 Chicken Picatta Mushroom Barley Spinach Salad	12 Meatloaf Mashed Potatoes Sautéed Zucchini	13 Sausage & Kale Alfredo Sweet Potato House Salad
14 Gyro Couscous Hummus & Veggies	15 Baja Fish Tacos Refried Beans Spicy Cole Slaw	16 Chicken Sausage Potato Pierogis Sautéed Veggies	17 Ham & Swiss Quiche Breakfast Potatoes Arugula Salad	18 Spaghetti Bolognese Garlic Bread Side Salad	19 Chicken Stir-Fry Fried Rice Baby Bok Choy	20 Steak Tacos Spanish Rice Chips & Salsa
21 Burger Bar Red Potato Wedges Greek Salad	22 Shrimp Scampi Bread Stick Asparagus	23 Flank Steak Baked Potato Asparagus	24 Chicken Caesar Salad French Bread Butternut Squash Soup	25 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	26 Chicken Parmesan Bread Sticks Green Beans	27 Cobb Salad Quinoa Salad Roasted Carrot Soup
28 Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	29 Turkey & Quinoa Stuffed Peppers Zucchini Bread Spinach Soufflé	30 Piña Pork Tacos Chips & Salsa Black Bean Corn Salad	31 Chicken Alfredo Focaccia Bread Steamed Broccoli	Did you know? <ul style="list-style-type: none"> • Everything is priced a la carte • Entrées in GREEN are Vegan or Vegetarian • Breakfast is served 7:30-10am • Lunch is served 11:30-2pm • Dinner is served 5-7pm 		

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

Make Resolutions Stick: Focus on Family

Reviewed by Sarah Klemm, RD, CD Published December 17, 2018



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If your family has trouble sticking to New Year's resolutions, make 2019 the year for change by modeling a healthful lifestyle and eating habits. Leading through example is a great way to encourage and provide support. Here are just a few ideas to get you started:

Nutrition that Counts

- **Offer regular meals throughout the day including a variety of nutrient-rich foods.** Try starting the day with a healthful breakfast, such as oatmeal with fruit, nuts and low-fat milk or yogurt. Encourage balanced choices at lunch or help pack a brown bag to take with. Promote a supportive environment and get everyone together for dinnertime at least a few times a week.
- **Remember to put the focus on health, not weight.** Kids and teenagers are very observant and tend to repeat things they hear or see. Try to avoid making comments about your weight in front of them as it can overemphasize looks and undervalue health.
- **Encourage a healthy eating style by following MyPlate recommendations at meals.** Aim to make half your plate fruits and vegetables, a quarter grains, and the remaining quarter protein, along with a serving of low-fat or fat-free dairy or calcium-fortified alternative.

Fitness and Wellness

- **Get active.** Add physical activity whenever you can into your day, whether it's taking a family walk after dinner or joining the gym. Fitness centers often offer group classes for kids, such as swimming or dance. Remember, children and teens should get 60 minutes or more of physical activity per day, and adults should get two and a half hours per week.
- **Reduce your family's risk of food poisoning by encouraging good food safety habits** – such as washing hands before every meal. Having kids and teens help in the kitchen can also be a great way to teach them about food safety.
- **Stay positive!** Even if you struggle to work in physical activity or to finish your vegetables, set a good example – your child is listening to everything you say, even if you think they're ignoring you.

By focusing on a few goals at a time, small steps can become great strides towards a healthier lifestyle.

If you're looking for more tips on improving eating habits in the year to come, seek help from a qualified health professional. A registered dietitian nutritionist is your best source for reliable and up-to-date food and nutrition information.