

January 2024 Lunch Specials

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>A La Carte</u> Entrée.....\$5.98 Vegan Entrée.\$4.25 Starch.....\$1.50 Vegetable.....\$1.50	1 New Year Brunch Vegan Brunch Breakfast Potatoes Arugula Salad Breakfast Sandwich	2 Butter Chicken & Rice Vegan Curry Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef	3 Shepard's Pie Vegan Shepard's Pie Corn Bread Quinoa Kale Salad Ham & Chz Panini	4 Seasoned Pork Loin Chickpea Patty Garlic Red Potatoes Warm Cherry Tomato Salad Chicken Caesar Wrap	5 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Chili Dog	6 Chicken Shawarma Baba Ganoush Tzatziki with Pita
7 Beef Tamales Spanish Rice Pico de Gallo & Chips	8 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad Quesadilla	9 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Philly Cheesesteak	10 Chicken Mole Tacos Vegan Mole Tacos Refried Beans Spicy Cole Slaw Turkey Reuben	11 Meatloaf Quinoa Patty Mashed Potatoes Sautéed Zucchini Egg Salad Sandwich	12 Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Turkey Bacon Wrap	13 Chicken Cordon Bleu Wild Rice Steamed Broccoli
14 Flank Steak Baked Potato Asparagus	15 Shrimp Po Boy Vegan Po Boy Cajun Sweet Potatoes Collard Greens Greek Tuna Wrap	16 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	17 French Dip Stuffed Squash Potato Wedges Coleslaw Chicken Salad	18 Pork Lettuce Wraps Vegan Lettuce Wraps Soba Noodles Spring Rolls Club Sandwich	19 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Turkey & Chz Panini	20 Ramen Bowl Veggie Pot Stickers Baby Bok Choy
21 BBQ Chicken Pasta Salad Corn on the Cobb	22 Arturo's Kale Salad Arturo's Vegan Kale Salad Corn Bread Tomato Basil Soup Portabella Panini	23 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	24 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	25 Cobb Salad Vegan Cobb Quinoa & Rice Cup of Pea Soup Reuben	26 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	27 Tuna Avocado Boats Toasted Croissant Arugula Salad
28 Honey Baked Ham Scalloped Potatoes Green Beans	29 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Crab Cake	30 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	31 Niçoise Salad Vegan Niçoise French Bread Gazpacho Pulled Pork	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 		

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Looking to Reduce Your Family's Intake of Added Sugars? Here's How

By Jessica Cording, MS, RD, CDN Published December 07, 2016



High added sugar intake has been linked to everything from dental cavities to obesity to Type 2 diabetes to heart disease to other health conditions — many of which last into adulthood. Minimizing added sugars is a priority for many parents, but it's not as simple as trading cookies and soda for fruit and water. Avoiding obvious sources is one thing, but added sugar can be found in many foods where you may not expect it.

According to the 2015 *Dietary Guidelines*, added sugars include sugars, syrups and other caloric sweeteners. Simply put, added sugars sweeten a food — and although they add calories, they offer virtually no nutrition.

On an ingredient label, sugar may appear under many names - more than 50, actually. Some of the most common ones include cane sugar, evaporated cane juice, corn syrup, high-fructose corn syrup, raw sugar and crystal solids. And, don't forget brown sugar, honey, maple syrup and brown rice syrup.

The 2015 *Dietary Guidelines* recommends Americans limit added sugars to no more than 10 percent of their daily calorie needs. That's about 12 teaspoons (48 grams of sugar) on a 2,000-calorie diet. But for kids — especially little kids, who may only need 1,200 to 1,400 calories per day — it's even less.

But, rather than obsessing over teaspoons, focus on reducing added sugars by limiting certain products.

Common Sources of Added Sugars

Some sources of added sugars are easy to spot:

- Sugary beverages (soda, fruit punch, energy drinks)
- Sugary cereal
- Candy and chocolates
- Flavored yogurt
- Baked goods such as cakes, pastries and cookies

Added sugars can hide in some surprising places:

- Whole-grain cereals and granola
- Frozen foods
- Granola bars, protein bars, and instant oatmeal
- Pasta sauce
- Dried fruit, canned fruit, applesauce and fruit juices
- Baby food
- Barbecue sauce, ketchup, and salad dressing

Tips for Avoiding Added Sugars

The first step in reducing your family's added sugar intake takes place in the grocery store. Scan labels for added sweeteners and, instead, fill your shopping cart with healthier options. "I recommend using fruits and vegetables that are naturally sweet when baking or cooking," said Kelly Pritchett, PhD, RDN, CSSD, who is a spokesperson for the Academy of Nutrition and Dietetics. "Examples include bananas, sweet potatoes and apples. You can add a mashed banana to your oatmeal in the morning and microwave it for a minute, which adds sweetness to the oatmeal."

"For beverages, I recommend water, milk, unsweetened tea and sparkling water," she added. You also can reduce added sugar intake at home by cooking from scratch. By making your own granola, pasta sauce and condiments and serving homemade baked treats, you are in control of the ingredients used. "I also reduce the amount of sugar I use in recipes," says Pritchett. "Watch out for added sugars in things like granola bars by making your own at home. Opt for plain yogurt and sweeten your own with frozen fruit or a drizzle of honey." This trick works with cereal too. As your family's taste buds adjust, gradually use less and less of the sweetened varieties.

Make a healthy relationship with food the overall focus instead of a completely sugar-free diet. Encourage positive associations with foods such as fruits and vegetables by playing up their good qualities and fresh taste — and save the sweet stuff for special occasions.

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