

Menu and More

TRADITIONAL MENU

APRIL 2024

A NUTRITIOUS DIET DOES NOT INCLUDE SUGARY DRINKS

Sugary Drinks include soft drinks, fruit juice, sports drinks, and energy drinks. For your health, please do not make soft drinks a part of your regular diet. A nutritious diet contains vitamins, minerals, and fiber. Sugary beverages don't include any of these nutrients. Some juices contain as much sugar and calories as soft drinks, which contain lots of sugar.



Diet drinks are not any better for us. High sugar or sugar substitute intake contributes to weight gain, especially in the area around your belly and organs, which contributes to an increased risk of type 2 diabetes and heart disease.

Many folks crave a soft drink or energy drink in the afternoon every day. Energy drinks contain lots of sugar and enough caffeine to raise blood pressure. Instead of your daily soft drink, diet soft drink, or energy drink, try unsweetened iced tea, sparkling water, or hot tea, or add a slice of fruit to your water.

Sugary Drinks and Diet Soft Drinks Increase our Risk for:

- Type 2 Diabetes - People who consume 1-2 cans of soda per day have a 26% greater risk of developing type 2 diabetes. Some studies show that drinking more artificially sweetened beverages in place of sugary beverages did not lessen the risk of diabetes.
- Heart Disease - In studies, consumption of one sugary beverage a day led to a 20% increase of having a heart attack or dying from a heart attack.
- Cancer - "Those who drank two or more sugary sodas per week were 87% more likely to develop pancreatic cancer than those who did not drink soda." - healthline.com
- Gout - Consumption of 1 can of sugary drink a day leads to a 75% increased risk "Fructose is the main carbohydrate known to increase uric acid levels."
- Poor Dental Health - "The acids in soda create an acidic environment in your mouth and the sugar feeds the harmful bacteria that reside there.
- Increased Risk of Dementia - "Research shows that any incremental increase in blood sugar is strongly associated with an increased risk of dementia."
- Poor Bone Health - Increased phosphate consumption negatively affects bone health.

contact us!

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April 2024 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
1 Chicken Spaghetti w/ Cream Sauce Zucchini Green Beans Pea Salad Fruit Gelatin Seasonal Fruit	2 Turkey & Cheese Slider Diced Potatoes Broccoli Three Bean Salad Watergate Salad Seasonal Fruit	3 Lemon Pepper Chicken Corn Green Beans Spinach Salad w/ Dressing Blueberry Pudding Seasonal Fruit	4 Meatloaf w/ Red Sauce Mashed Potatoes Collard Greens Wheat Roll Seasonal Fruit Seasonal Fruit	5 Pork Loin Cabbage Black-Eyed Peas Vegetable Pasta Salad w/ Ranch Dressing Fancy Apple Salad Seasonal Fruit
8 Chicken Stir-Fry w/ Red & Green Peppers Broccoli Rice Fruit Gelatin Chocolate Cake Seasonal Fruit	9 Salmon Patty Peas & Carrots Baked Okra Tartar Sauce Italian Pasta Salad Seasonal Fruit	10 Veal Parmesan Sautéed Mushrooms Vegetable Medley Italian Pasta Salad Applesauce Seasonal Fruit	11 Cheesy Beef & Mac Casserole Corn Green Beans Spinach Salad w/ Dressing Fruit Gelatin Seasonal Fruit	12 Chicken Filet Sandwich Diced Potatoes Green Peas Wheat Bun / Mayo & Pickles Lettuce / Tomato Slice Seasonal Fruit
15 Chicken Ranch Casserole Stewed Tomatoes Broccoli Wheat Roll Applesauce Seasonal Fruit	16 Baked Fish w/ Red Sauce Vegetable Medley Green Beans Coleslaw Tropical Fruit Whip Seasonal Fruit	17 Cuban Chicken Yellow Rice Zucchini Tomato & Cucumber Salad Yellow Cake Square Seasonal Fruit	18 Chopped Steak w/ Gravy Turnip Greens Mashed Potatoes Carrot Raisin Salad Orange Creamsicle Salad Seasonal Fruit	19 Ham w/ Glaze Cabbage Squash Medley Special Potato Salad Applesauce Seasonal Fruit
22 Pinto Beans Collard Greens Carrots Cornbread Cinnamon Pears Seasonal Fruit	23 Chicken Salad Tomato Cucumber Salad Macaroni Salad Saltine Crackers Vanilla Pudding w/ Granola Seasonal Fruit	24 Stuffed Peppers w/ Red Sauce Lima Beans Carrots Italian Pasta Salad Fancy Apple Salad Seasonal Fruit	25 Pulled Pork BBQ Baked Beans Broccoli Wheat Bun Coleslaw Seasonal Fruit	26 Beef Tips over Rice Corn Collard Greens Waldorf Salad Applesauce Fruit Gelatin
29 Grilled Chicken Tenders Green Beans Cheesy Potatoes Marinated Tomatoes Vanilla Cake Square Seasonal Fruit	30 Hamburger Patty Corn Broccoli Wheat Bun / Mustard & Ketchup Lettuce / Tomato Slice Seasonal Fruit		<u>Meat Substitute Meal</u> Grilled Chicken Tenders Broccoli Vegetable Medley Roll Fruit Fruit Gelatin	<u>Vegetable Substitute Meal</u> Pinto Beans Broccoli Vegetable Medley Roll Fruit Fruit Gelatin