

Menu and More

TRADITIONAL MENU

FEBRUARY 2024

HEALTHY SNACKS VS. JUNK FOODS

Chips, donuts, cookies, fast foods, and soft drinks are very convenient snacks when we “feel” hungry. Unfortunately, these foods lead to a full “feeling,” but we are not full of vitamins, minerals, fiber, and nutrients.

- **Junk foods lead to obesity and digestive problems such as irritable bowel syndrome (IBS) and reflux disease (GERD).**
- **Junk foods lack nutrients and fiber.**
- **Junk foods lead to blood sugar highs and lows as well as a stressed metabolism, potential problems with insulin production, and possibly diabetes.**
- **Junk food also raises cholesterol and triglyceride levels, which increases the risks of heart attack and kidney issues.**



We make poor food choices because junk foods are more convenient to access. Make it easy to choose healthy snacks by purchasing and prepping them in advance. Keep small containers of nuts, raw vegetables, and fruits at the ready.

Add these healthy snacks to your pantry and refrigerator: Almonds, Walnuts, Pecans, Carrots, Celery, Cauliflower, Broccoli, Grape Tomatoes, Apples, Grapes and Citrus Fruits.

INCLEMENT WEATHER POLICY

During inclement weather, we will use an "All Call System" to send you a phone call to let you know of delivery changes. Please call our office at 704-633-0352 with any changes to your contact information.

Changes in our delivery schedule will also be announced on our office voicemail, website, and social media pages.

Please use the shelf-stable food from your Winter Weather Totes when we are unable to deliver. If you have any questions, please call the office at 704-633-0352

contact us!

704-633-0352
info@mowrowan.org
www.mowrowan.org

Mailing Address:
PO Box 1914
Salisbury, NC 28145

February 2024 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<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	-	1 Chicken & Biscuit Pie Broccoli Carrots Pea Salad Fruit Cocktail Fruit	2 Beef Tips over Rice Green Beans Stewed Tomatoes Broccoli Cauliflower Salad Fruit Gelatin Wheat Roll
5 Hamburger Patty Broccoli Tater Tots Wheat Bun Tomato Slice/Lettuce Fruit Cocktail	6 Chicken Parmesan Lima Beans Oven Roasted Potatoes Pea Salad Fruit Applesauce	7 Turkey Tetrazzini Corn Green Beans Spinach Salad w/ Dressing Fruit Fruit	8 Beef Chile w/ Beans Rice Cinnamon Apples Cornbread Coleslaw Fruit	9 Roasted Chicken Carrots Cabbage Wheat Roll Three Bean Salad Fruit
12 Chopped Steak w/ Gravy Green Peas Sweet Potatoes Broccoli Salad Fruit Carrot Raisin Salad	13 Pinto Beans Collard Greens Mac & Cheese Cornbread Marinated Vegetable Salad Fruit	14 Gourmet Chicken Green Beans Diced Roasted Potatoes Wheat Roll Fruit Gelatin Chocolate Chess Pie	15 Carved Turkey & Dressing w/ Gravy Cheesy Cauliflower Carrots Beets Fruit Wheat Roll	16 Beef Stroganoff over Noodles Squash Medley Baked Apples Three Bean Salad Fruit Fancy Fruit
19 Baked Spaghetti Spinach Corn Beets Fruit Applesauce	20 Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Fruit	21 Chicken Alfredo over Egg Noodles Green Peas Cauliflower Fruit Spinach Salad w/ Dressing Yellow Cake Square	22 Chopped Steak Diced Roasted Potatoes Sweet & Sour Coleslaw Carrot Raisin Salad Baked Apples Wheat Roll	23 Beef Goulash Vegetable Medley Black Beans Cinnamon Peaches Fruit Gelatin Wheat Roll
26 Carved Ham Squash Casserole Cabbage Potato Salad Fruit Cake Square	27 Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit	28 Baked Mac & Cheese Green Beans Collard Greens Carrot Raisin Salad Fruit Cornbread	29 Beef Stew Vegetable Medley Spinach Fruit Waldorf Salad Brownie	