



# Mizell Senior Center's May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p> =High Sodium Meal</p>	<p><b>1</b> Baked Ziti with Mini Meat balls Broccoli Banana, Milk</p>	<p><b>2</b> Baked Chicken Breast Rice Pilaf Corn and Peppers Apple, Milk</p>	<p><b>3</b> Baked Cod Egg Noodles Mixed Vegetables Orange, Milk,</p>	<p><b>4</b> <i>Cinco De Mayo</i> Chicken Enchilada Casserole, Aztec Rice Zucchini &amp; Applesauce, Milk, Yogurt</p>
<p><b>7</b> Teriyaki Chicken Stir-Fry Vegetables Chow Mein Noodles Hawaiian Roll Orange, Milk</p>	<p><b>8</b> Pork Roast Mashed Potatoes Carrots Wheat Roll Apple Sauce, Milk</p>	<p><b>9</b> Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll Banana, Milk</p>	<p><b>10</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Diced Peaches, Milk</p>	<p><b>11</b> BBQ Chicken Rice Pilaf Carrots Roll, Yogurt, Juice &amp; Milk</p>
<p><b>14</b> Chicken Alfredo Egg Noodles Broccoli Wheat Roll Grapes, Milk</p>	<p><b>15</b>  Hamburger Lettuce &amp; Tomato Coleslaw, Tater Tots Baked Beans Banana, Milk</p>	<p><b>16</b> Spaghetti with Meatballs Marinara Sauce Garlic Bread Green Beans Mandarin cup, Milk</p>	<p><b>17</b> Spanish Chicken Zucchini &amp; Tomatoes with cheese Aztec Rice Apple Sauce, Milk</p>	<p><b>18</b> Tuna Salad Sandwich on Wheat Bread Lettuce &amp; Tomato Baked Chips Yogurt, Diced Peaches &amp; Milk</p>
<p><b>21</b> Cheese Ravioli with Alfredo Sauce Winter Blend Veggies Garlic Bread Fruit Cocktail, Milk</p>	<p><b>22</b> Oven Fried Chicken Mashed Potatoes Country Gravy Collard Greens Wheat Roll, Apple, Milk</p>	<p><b>23</b> Shepherd's Pie, Ground Beef Cut Corn, Wheat Roll Diced Peaches, Milk</p>	<p><b>24</b> Pork Carnitas Mild Green Chili Sauce Carrot Black Beans &amp; Rice Orange, Milk</p>	<p><b>25</b> Chicken Caesar Salad Tomato Wedge Hard-Boiled Egg Wheat Roll Yogurt, Juice &amp; Milk</p>
<p><b>28</b> <i>Closed</i> <i>Memorial Day</i> <b>Golden Cuisine Meal</b> Chicken Parmesan Carrot Cake, Milk</p>	<p><b>29</b> Beef Enchiladas Black Beans &amp; Rice Zucchini Orange, Milk</p>	<p><b>30</b> Roast Turkey Corn Bread Dressing Pan Gravy, Roll Green Beans Mandarin Cup , Milk</p>	<p><b>31</b> Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Diced Peaches, Milk</p>	<p><i>June 1</i> Baked Cod Brown Rice Pilaf Cauliflower &amp; carrots Wheat Roll Yogurt, Apple, Milk</p>

## A Healthy Habit: Read Food Labels

Scan the Nutrition Facts panel on packages to evaluate what's inside and compare the nutrient value of foods.

**Start Here**  
Serving Size is the amount of food the nutrient information is based on. Calories is the amount of "energy" in that serving. Adjust the amount of calories and nutrients if your serving size is different.

Limit all types of fat, especially saturated and trans fat which are linked to health problems.

Most of the fat you eat should be unsaturated.

In general, the greater the difference between "total carbohydrate" and "sugars," the more nutritious the carbohydrate.

Most people should get 50-75 grams of protein daily.

Percent Daily Values are based on eating 2,000 calories a day.

Active teens may need more. Most children, women and older adults need less.

2,500 calorie diets for more active teens and adults.

### Nutrition Facts

Serving Size: 6 crackers (28g)  
Servings Per Container: About 13

Amount Per Serving		% Daily Value*	
<b>Calories 120</b>		<b>Calories from Fat 40</b>	
<b>Total Fat</b> 4.5g		<b>7%</b>	
Saturated Fat 0.5g		<b>4%</b>	
Trans Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 1.5g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 180mg		<b>7%</b>	
<b>Total Carbohydrate</b> 19g		<b>6%</b>	
Dietary Fiber 3g		<b>13%</b>	
Sugars 0g			
<b>Protein</b> 3g			
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%		
<b>Calcium</b> 0%	<b>Iron</b> 8%		

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

If food gets a lot of its calories from fat, eat sparingly. Total fat intake should be no more than 30% of total calories.

Percentages show whether the nutrients in one serving contribute a lot or a little to your total daily intake—5% or less is "a little" and 20% or more is "a lot."

**Limit These**  
Too much fat, cholesterol and sodium contribute to health problems (refer to "less than" recommendations in footnotes).

**Get More of These**  
Carbohydrates should be 55-60%+ of total daily calories. Get more natural than added sugars (check ingredients). "Get enough" of nutrients beneficial to good health, such as vitamins A and C, minerals calcium and iron, and fiber.

**Footnotes**  
Not specific to the food, and not required on label.  
The amount of each nutrient recommended daily.  
The amount of calories in fat, carbohydrate and protein (fat has more than double).

Manufacturers are not required to show nutrition information on packages with less than 12 square inches available for labeling. However, they must print an address or phone number so you can obtain the information.

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