



Mizell Senior Center March 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 ▲ Chicken Tamale Pie Green Beans Churros Yogurt, Juice, Milk	2 Golden Cuisine Glazed Chicken Cookie, Milk	3 Golden Cuisine Salisbury Steak Parmesan Pudding, Milk
4 Cheese Ravioli Marinara Sauce Broccoli Garlic Bread Fruit Cocktail, Milk	5 ▲ Sloppy Joe Coleslaw Tater Tots Apple, Milk	6 Tuna Salad Lettuce & Tomato Wheat Roll Banana, Milk	7 Beef Stew Roasted Potatoes Zucchini Garden Salad Orange, Milk	8 Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Yogurt, Juice, Milk	9 Golden Cuisine Chicken Broccoli Cookie, Milk	10 Golden Cuisine Spaghetti W/Meatballs Pudding, Milk
11 Beef Lasagna Italian Vegetables Garlic Bread Orange, Milk	12 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Apple Sauce, Milk	13 ▲ Beef & Cheese Enchiladas Aztec Rice Tomato, Zucchini Diced Peaches, Milk	14 Baked Ziti W/Italian Sausage Broccoli Wheat Roll Banana, Milk	15 Roasted Chicken Garden Rice Peas Dinner Roll Yogurt, Juice, Milk	16 Golden Cuisine Chicken Parmesan Cookie, Milk	17 Golden Cuisine Meat Loaf Dinner Pudding, Milk
18 ▲ BLT Salad Lettuce & Tomato Crackers Banana, Milk	19 Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread Apple Sauce, Milk	20 Hamburger Lettuce & Tomato Tater Tots Coleslaw Diced Peaches, Milk	21 Asian Chicken Chow Mein Noodles Stir Fried Veggies Hawaiian Roll Orange, Milk	22 Chili Colorado-Beef Rice Carrots Corn Bread Yogurt, Juice, Milk	23 Golden Cuisine Mesquite Chicken Cookie, Milk	24 Golden Cuisine Swedish Meatballs Pudding, Milk
25 Chicken Salad Sandwich Lettuce & Tomato Pea Salad Potato Chips Orange, Milk	26 Herb Baked Chicken Green Salad Wheat Roll Banana, Milk	27 Salisbury Steak Boiled Potatoes Carrots Wheat Roll Diced Peaches, Milk	28 ▲ Baked Ham W/Pineapple Brown Rice Pilaf Vegetable Blend Wheat Roll Fruit Cocktail, Milk	29 Vegetable Lasagna Corn & Black Beans Wheat Roll Yogurt, Juice, Milk	30 Golden Cuisine Turkey Dinner Cookie, Milk	31 Golden Cuisine Salisbury Steak Pudding, Milk



American Heart Association.

Nutrition Center

Smart Snacking

Sometimes the munchies set in and we get cravings for certain snacks. Reaching for something to satisfy the urge isn't bad as long as it is done smartly. Here are some healthy suggestions for when you are craving something...

Crunchy	<ul style="list-style-type: none"> Apples and whole-grain breadsticks Carrot and celery sticks Green pepper sticks Zucchini circles Radishes Broccoli spears Cauliflower Unsalted rice cakes
Thirst-Quenching	<ul style="list-style-type: none"> Fat-free milk Unsweetened, 100 % juices Low-sodium tomato or mixed vegetable juice Water
Hot	<ul style="list-style-type: none"> Clear soups, such as homemade or low-sodium canned vegetable or tomato soup Cocoa made with nonfat milk
Munchy	<ul style="list-style-type: none"> Unsalted, un oiled sunflower seeds Whole-grain breads or toast Cherry or grape tomatoes Low-fat or fat-free cheese Plain, low-fat, or fat-free yogurt Bagels Unsalted, un oiled almonds, walnuts, or other nuts
Sweet	<ul style="list-style-type: none"> Unsweetened canned fruit Thin slice of angel food cake Baked apple Raisins Frozen bananas Frozen grapes Fresh or frozen fruit Low-fat or fat-free unsweetened fruit yogurt



Mizell Senior Center Marzo 2019 Menu



Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
				1 ▲ Chicken Tamal Pie Ejotes Churros Yogur, Jugo, Leche	2 Golden Cuisine Pollo Esmalte Galleta, Leche	3 Golden Cuisine Salisbury Steak Parmesan Pudín, Leche
4 Ravioli de Queso Salsa Marinara Broccoli Pan de Ajo Coctel de Fruta, Leche	5 ▲ Sloppy Joe Ensalada de Col Barriles de Papa Manzana, Leche	6 Ensalada de Atuna Lechuga Y Tomate Panecillo Integral Plátano, Leche	7 Beef Stew Papas Asadas Calabaza Ensalada Naranja, Leche	8 Pollo Parmesano Fideo Fettuccini Mezcla de Coliflor Panecillo Integral Yogur, Jugo, Leche	9 Golden Cuisine Chicken Broccoli Galleta, Leche	10 Golden Cuisine Spaghetti C/Albóndigas Pudín, Leche
11 Lasaña de Res Vegetal Italiano Pan de Ajo Naranja, Leche	12 Pollo BBQ Crema de Espinacas Western Corn Panecillo Integral Puré de Manzana, Leche	13 ▲ Enchiladas de Res y Queso Tomate & Calabaza Arroz Azteca Durazno Picado, Leche	14 Baked Ziti with Italian Sausage Broccoli Panecillo Integral Plátano, Leche	15 Pollo Asado Arroz de Jardín Chicharos Panecillo Yogur, Jugo, Leche	16 Golden Cuisine Pollo Parmesano Galleta, Leche	17 Golden Cuisine Cena de Meat Loaf Pudín, Leche
18 ▲ BLT Salad Lechuga Y Tomate Galletas Plátano, Leche	19 Pollo Cacciatore Pasta Penne Habas Pan de Ajo puré de Manzana, Leche	20 Hamburguesa Lechuga y Tomate Barriles de Papa Ensalada de Col Durazno Picado, Leche	21 Pollo Estilo Asia Chow Mein Noodles Stir Fried Veggies Panecillo Hawaiano Naranja, Leche	22 Chili Colorado-Res Arroz Zanahorias Pan de Elote Yogur, Jugo, Leche	23 Golden Cuisine Mesquite Pollo Galleta, Leche	24 Golden Cuisine Albóndigas Suecas Pudín, Leche
25 Sánguich de Ensalada de Pollo Lechuga Y Tomate Ensalada de Chicharos Papas Fritas Naranja, Leche	26 Pollo Horneado C/Hierbas Ensalada Panecillo Integral Plátano, Leche	27 Salisbury Steak Papas Hervidas Zanahorias Panecillo Integral Durazno Picado, Leche	28 ▲ Jamón Horneado C/Pina Arroz Integral Pilaf Mezcla Vegetal Panecillo Integral Coctel de Fruta, Leche	29 Lasaña Vegetal Elotes Y Frijoles Negros Panecillo Integral Yogur, Jugo, Leche	30 Golden Cuisine Cena de Pavo Galleta, Leche	31 Golden Cuisine Salisbury Steak Pudín, Leche



Nutrition Center

Snacking inteligente

A veces los munchies se establecen y nos dan antojos para ciertos aperitivos. Llegar a algo para satisfacer el impulso no es malo, siempre y cuando se hace con inteligencia. Aquí hay algunas sugerencias saludables para cuando usted está anhelando algo...

Crujiente	<ul style="list-style-type: none"> • Manzanas y picos de grano entero • Palitos de zanahoria y apio • Palitos de pimiento verde • Círculos de calabacín • Rábanos • Brócoli lanzas • Coliflor • Pasteles de arroz sin sal
Saciar la sed	<ul style="list-style-type: none"> • Leche sin grasa • Sin endulzar, zumos de 100% • Tomate bajo en sodio o jugo de vegetales mixtos • Agua
Caliente	<ul style="list-style-type: none"> • Sopas claras, como la sopa de tomate o verdura casera o baja en sodio • Cacao hecho con leche descremada
Munchy	<ul style="list-style-type: none"> • Semillas de girasol no saladas, no aceitadas • Panes integrales o tostadas • Tomates cherry o uva • Queso bajo en grasas o sin grasa • Yogur liso, bajo en grasa o sin grasa • Bagels • Sin sal, almendras aceitadas, nueces u otras nueces
Dulce	<ul style="list-style-type: none"> • Fruta enlatada sin endulzar • Rebanada delgada de pastel de Angel Food • Manzana al horno • Pasas • Bananas congeladas • Uvas congeladas • Fruta fresca o congelada • Yogur de frutas poco graso o sin grasa