

Easterseals - Nutrition Site Menu

www.mtc.easterseals.com - For Ingredient Lists

MENU IS SUBJECT TO CHANGE

2021

330-743-1168

MENU

\$2.00 Per Meal Suggested Donation

2 Pk - Site Choice Menu

Monday	Tuesday	Wednesday	Thursday	Friday	2 Pk - Site Choice Menu	
8oz Milk 1 Chicken Taco on WG Shell 4oz Fiesta Beans 4oz Cooked Carrots 4oz Applesauce	8oz Milk 2 8oz Monterey Jack White Mac & Cheese 4oz Stewed Tomatoes 4oz Peas 4oz Peaches	8oz Milk 3 Meatloaf/Gravy Mashed Potatoes 4oz Green Beans 4oz 100% Juice 2 ea WG Bread	8 oz Milk 4 Egg Frittata 4oz Broccoli 4oz Sliced Potatoes 4oz Pineapple WG English Muffin	8 oz Milk 5 3ea Potato Pierogi 3oz Butter/Onion 4oz Mixed Veggies 4oz Cooked Carrots 4oz 100% Juice 1ea WG Bread	8oz Milk Teriyaki Chicken 4oz Corn 4oz Mixed Veggies 4oz Diced Pears 2 ea WG Bread	8oz Milk Pizza Burger on WG Bun 4oz Sweet potato Puffs 4oz Succotash 4oz Applesauce
8oz Milk 8 2oz Sausage Patty WG English Muffin 4oz Cooked Carrots oz Chive Pot Wedge 4oz Pineapple	8oz Milk 9 Soft Taco on WG Wrap 4oz Pinto Beans 4oz Corn 4oz Fruit/WG Bread	8 oz Milk 10 2oz Cheeseburger 4oz Pot Wedges 5oz Stewed Tomatoes 4oz Applesauce WG Bun	8oz Milk 11 3 Beef Ravioli 4oz Mixed Veggies 4oz Broccoli 4oz Pears 1 WG Bread	8oz Milk 12 2oz Chicken Nuggets WG Waffles/Syrup 4oz Hashbrowns 4oz Green Beans 4oz 100% Juice	Swedish Meatballs over Penne 4oz Yellow Squash 4oz Carrots 4oz 100% Juice 1 WG Bread	2.4 oz BBQ Rib on WG Bun 4oz Tater Tots 4oz Green Beans 4oz Applesauce 8oz Milk
8oz Milk 15 8 oz Mac & Cheese 4oz Green Beans 4oz Cooked Carrots 4oz 100% Juice 1 sl. WG Bread	8oz Milk 16 2oz. Beef Taco 4oz. Corn 4oz Sweet Potato Puffs 4oz Peaches	8oz Milk 17 3.2oz Kielbasa Link Mashed Potatoes 4oz. Saurkraut 4oz. Applesauce WG Hot Dog Bun	8 oz Milk 18 2oz Cheese Omelet 4oz. Stewed 4oz Hash Browns 4oz 100% Juice WG English Muffin	8 oz Milk 19 2oz Chicken Nuggets 4oz Broccoli 4oz. Baked Beans 4oz. Applesauce Cookie 2ea WG Bread	3oz Beef Patty 4oz. Sour Cream Chive Potato Wedge 4oz. Green Beans 4oz. Tropical Fruit 8oz Milk	2oz. BBQ Pull Turkey WG Bun 4oz Brussels Sprouts 4oz. Cooked Carrots 4oz 100% Juice 8oz Milk
8oz Milk 22 2 EA. Chicken Legs 4oz. Sweet Pot. Puff 4oz Mixed Veggies 4oz. Applesauce 1sl. WG Bread	8oz Milk 23 Salisbury Steak 4oz. Stew Tomatoes 4oz. Mashed Pot. 1oz Gravy 4oz Fruit/WG Bread	8oz Milk 24 2oz Diced Chicken 2/1oz WG Biscuits 4oz Cooked Carrots 4oz Peas 4oz. 100% Juice	8oz Milk 25 Turkey Burger 4oz. Baked Beans 4oz. Green Beans 4oz Pinnapples 1 WG Bun	8oz Milk 26 French Toast Sticks 2oz. Sausage Link Tater Tots Broccoli 4oz 100% Juice	2oz. Sloppy Joe 4oz. Brussels Sprouts 4oz. Mixed Veggies 4oz Pears 8oz. Milk 1 WG Bun	Breaded Chicken on WG Bun 4oz Potato Wedges 4oz Cooked Carrots 4oz Juice 8oz Milk

DIETARY APPROACHES TO STOP HYPERTENSION: DASH DIET

By following the DASH diet, you may be able to reduce your blood pressure by a few points in just two weeks. Over time, the top number of your blood pressure could drop by eight to 14 points, which can reduce your health risks. Start gradually and your taste will “get used” to less salt over time! Adding more physical activity will help even more. If you're having trouble talk to your doctor or dietitian about it. You might get some tips that will help you stick to the DASH diet.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.
