

FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✔ = Vegetarian Day	 FEBRUARY IS BLACK HISTORY MONTH	1	Ground Hog Day 2
			Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit
5	6	7	8 ✔	Lunar New Year 9
Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes, and Diced Onions Pinto Beans WW Tortilla, Fruit	Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	Coconut Curry Cod over Rice Pilaf Cauliflower+ Carrots* Fruit <i>Cookie (M&E only)</i>
12	13	Valentine Meal 14 ✔	15	16
Albondigas Soup+* (with beef meatballs) Southwest Side Salad Tortilla Chips Fruit	Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	Spinach/Ricotta Ravioli w/Creamy Mushrooms Baby Carrots* Italian Cut Green Beans Garlic Bread, Fruit+ <i>Dessert (M&E only)</i>	Chile Verde Chicken Casserole*+ <> Pinto Beans Corn Fruit	Turkey Chili Vegetable Medley Salad* Cornbread Fruit+
HOLIDAY 19	20	21	22	23
 PRESIDENTS DAY	Pork Adobo Broccoli+ Carrots* Garlic Rice Fruit	Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	Greek Cod w/Potatoes, Scallions, Tomatoes+ over Orzo Blend Cold Beet & Garlic Salad Fruit	Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit
26	27	28	Leap Day 29 ✔	
Roast Chicken Roasted Potatoes Pesto Green Beans+ WW Roll Fruit	(Turkey) Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit 	Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup+* Fruit	Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit 	

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, Stop Waste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org



Nutrition Education



A good breakfast includes:

Foods that are high in fiber, includes some protein, and healthy fats.

Foods to avoid at breakfast:

Foods high in added sugar, added fats, and highly processed meats.

Remember to hydrate in the morning by having a glass of water



Information obtained from:
The Academy of Nutrition & Dietetics

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February 2024

Breakfast

As we age, it becomes increasingly more important to make sure we eat healthy, well balanced meals. This begins with breakfast. **Starting the day off with a nutritious breakfast is imperative to fuel the body and mind.**

What are the benefits of breakfast?

- Gives you energy, especially after a night of fasting
- May increase cognitive function, memory and concentration
- Can foster a healthy weight by preventing malnutrition or unintentional weight loss
- May decrease the risk of chronic diseases

Let's start the day off with these nutritious and healthy breakfast ideas:

- Oatmeal made with low fat milk and topped with walnuts and/or berries
- Scrambled eggs with whole wheat toast, and fruit
- Yogurt Parfaits (yogurt layered with granola and fruit)
- Whole grain pancakes with Greek yogurt and honey
- Peanut butter toast topped with bananas
- Avocado Toast served with hard boiled eggs and fruit
- High fiber and low in sugar cereal with low fat milk
- Cream of wheat with milk and almonds



Fuel your day with a healthy breakfast and you'll be off to a great start!