

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES AUGUST 2018</p>	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p>	<p>Beef Patty w/ Mushroom Gravy Whipped Potatoes w/Gravy Capri Blend Vegetables Oat Wheat Roll Butterscotch Pudding 1</p>	<p>Taco Salad over Spinach Romaine Tortilla Chips Cream of Broccoli Soup Sugar Cookie 2</p>	<p>Vegetable Strata Italian Blend Vegetables Garden Vegetable Salad Oat Wheat Roll Apple Crisp 3</p>
<p>Hmstyle Pork Patty w/Gvy Whipped Potatoes California Blend Vegt Herb Roll Orange Frosted Cake 6</p>	<p>Arizona Chicken Mini Salad over Spinach Romaine Vegetarian Vegetable Soup French Roll Vanilla Pudding 7</p>	<p>Spaghetti w/Meat Sauce Broccoli Cucumber Tomato Salad French Roll Hermit Bar 8</p>	<p>Shaved Turkey Sandwich on Wheat Bread Shredded Lettuce Pinto Bean Soup Pasta Vegetable Salad Pineapple 9</p>	<p>Lemon Pepper Chicken Colcannon Potatoes Marinated Zucchini Salad Herb Roll Cardinal Pear Mold 10</p>
<p>Beef Spanish Rice Bake Marin Mexican Corn Salad Oregon Bean Medley Cornmeal Roll Fresh Melon Cup 13</p>	<p>Chick Pea Salad w/Cornmeal Roll Shredded Lettuce Potato Chowder Carrot Raisin Salad Cherry Whip 14</p>	<p>Meatloaf w/Gravy Creamed Potatoes Green Peas & Onions Seven Grain Bread Frosted Carrot Cake 15</p>	<p>Garden Trky Mini Salad over Spinach Romaine Corn Chowder French Roll Golden Fruit Cup 16</p>	<p>Chicken Parmesan w/Pasta Broccoli Tropical Fruit Salad French Roll Tapioca Pudding 17</p>
<p>Chicken Breast w/Cordon Bleu Sauce Whole Kernel Corn Tossed Salad Herb Roll Fresh Watermelon 20</p>	<p>Ham Salad Sandwich on Wheat Bread Shredded Lettuce Cream of Broccoli Soup Coleslaw Lemon Pudding 21</p>	<p>Apple Turkey Meatballs w/Cider Glaze & Rice California Blend Vegt Romaine Iceberg Salad Almond Cookie 22</p>	<p>Asian Chicken Salad over Spinach Romaine Lentil Soup Herb Roll Pineapple Fluff 23</p>	<p>Roast Turkey w/Gravy Whipped Sweet Potatoes Scandinavian Blend Vegt Wheat Bread Marble Cake 24</p>
<p>Sweet & Sour Pork w/Rice Green Beans Marinated Vegetable Salad Pear Crisp 27</p>	<p>Turkey Club Mini Salad over Spinach Romaine Minestrone Soup Cracked Wheat Roll Peaches 28</p>	<p>Baked Rigatoni Italian Blend Vegetables Garden Vegetable Salad Whole Wheat Roll Fresh Cantaloupe 29</p>	<p>Meatloaf Sandwich Half on Wheat Bread Shredded Lettuce Cream of Tomato Soup Carrot Pineapple Salad Birthday Cake 30</p>	<p>Turkey Tetrazzini Succotash Broccoli Raisin Salad Cracked Wheat Roll Cowboy Cookie 31</p>

August 2018

NWSDS FOR CLATSOP & TILLAMOOK COUNTIES

bateman
Community Living

T. Lindsey, R.D.N. 06/13/18

Xylitol: Serious Danger for Dogs



Xylitol is a naturally occurring sugar alcohol that is highly toxic to dogs and the risk of exposure seems to increase daily. Although research shows Xylitol is a safe sugar substitute for people to consume, its wide production in both food and non-food products pose a threat to pets.

What products contain Xylitol?

Xylitol is commonly found in your oral care products, such as mouthwash, toothpaste, and gum due to its anti-cavity properties. Xylitol can also be found in lotions, deodorants, and skin gels due to its ability to retain moisture; and throat lozenges, nasal sprays and hard candies due to its cooling sensation on contact with mucous membranes. Xylitol also helps to prevent mold from occurring, which is why it is found in many products. To protect your dogs, you must be sure to examine each ingredient label for both food and non-food products to know if Xylitol is present in your household.

When in doubt, who should I contact?

One of the most critical steps in managing a potential Xylitol poisoning is to obtain the accurate dosage. Pet Poison Helpline, open 24 hours a day, has a large database cataloging the specific Xylitol content for many products, and the list is growing every day. A 10-lb dog would only need to ingest a single piece of sugar-free gum to reach a potentially toxic dose, and dogs that ingest large amounts can have liver failure. If you suspect your dog has consumed any Xylitol, be sure to contact your vet and/or Pet Poison Helpline immediately.



Adapted from <http://www.petpoisonhelpline.com>

Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday & Thursday
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & "A" Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiawanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.