

balanced choices[®]

for a healthy lifestyle

March 2018

NWSDS FOR CLATSOP & TILLAMOOK COUNTIES

bateman
Community Living

Breakfasts for Busy Mornings

Research has shown that breakfast is the most important meal of the day and yet, many choose to skip this meal. For women, you should aim to have around 300-500 calories during breakfast, while men should aim to have between 375-625 calories. As Adelle Davis famously put it back in the 1960s, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." What you choose to eat, or not eat, in the morning will drastically effect not only the rest of your day, but your health in the long term.

Too often fast food has become the popular choice. However, no matter which fast food chain you choose, either high fat, sodium, or calorie choices abound; recommended sodium level is no more than 770 mg per meal. If you look at a nutrition label's % Daily Value, 5% or less of a nutrient is low and 20% or more of a nutrient is high; look at the ingredients list, as well, to avoid foods with high fructose corn syrup.

The best breakfast you can choose to eat is one that will give you the most energy slowly through morning until your next meal. Here are some examples of quick fix, light, high-fiber and protein meals that are lower in calories:

- ✓ **Whole Wheat Breakfast Burrito.** Add any ingredients in your refrigerator, from black beans to eggs, avocado, & sweet potato.
Calories: 297, Protein: 20g, Fiber: 20g
- ✓ **Sunbutter, Banana, & Chia Toast.** Spread these on some whole wheat toast and you've got a fiber-full meal!
Calories: 210, Protein: 8.5g, Fiber: 5g
- ✓ **Berry & Yogurt Smoothie.** Protein packed to keep you full & satisfied. Add oats to increase the fiber.
Calories: 166, Protein: 6g, Fiber: 6g
- ✓ **Steel Oats Soaked in Milk of choice Overnight.** Enjoy cold or warm and add choice of fruit fresh or frozen.
Calories: 403, Protein: 14g, Fiber: 9g



Adapted from <https://www.sciencedirect.com>; <https://www.webmd.com>;
<https://greatist.com>; <http://www.cookinglight.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

MONDAY

**NWSDS
CLATSOP & TILLAMOOK
COUNTIES
MARCH 2018**

Cowboy Campfire Stew
Country Mixed Vegetables
Stewed Tomatoes
Wheat Bread
Almond Cookie

5

Chile Lime Chicken
Black Beans
Sweet Potatoes
Multigrain Bread
Mandarin Oranges

12

Turkey Patty w/Gravy
Whipped Potatoes
Broccoli & Cauliflower
Multigrain Bread
Pineapple

19

Swiss Style Beef Patty
Whipped Potatoes
Green Beans
Whole Wheat Roll
Fresh Orange

TUESDAY



Chicken Salad
w/Whole Wheat Roll
Split Green Pea Soup
Marinated Broccoli Salad
Peach Cobbler

6

BBQ Pulled Pork
on a Bun
Sweet Potatoes
Vegetable Soup
Green Garden Salad
Pear Cobbler

13

Breaded Chicken Patty
Sandwich
on a Bun
Tomato Soup
Carrot Slaw
Fresh Orange

20

Meatloaf Sandwich Half
on Wheat Bread
Popeye Potato Chowder
Tropical Fruit Salad
Banana Pudding

27

WEDNESDAY

A suggested donation of \$3.00
is requested from seniors
60 and older,
Seniors under 60
must pay \$6.75
1% Milk Served with All Meals

7

Swedish Meatballs
w/Penne Pasta
Creamy Coleslaw
Mixed Vegetables
Wheat Bread
Fresh Orange

14

Sliced Roasted Turkey
w/Gravy
Whipped Sweet Potatoes
Green Beans
Garlic Bread
Chocolate Pudding

21

Chicken Pomodoro
Mixed Vegetables
on a Bun
Spinach Romaine Salad
Wheat Bread
Applesc Gingerbread Cake
Margarine

28

Baked Rigatoni
Green Garden Salad
Green Peas
Garlic Bread
Ice Cream Cup

THURSDAY

Turkey Club Mini Salad
on Spinach Romaine
Vegetable Soup
Whole Wheat Roll
Chocolate Chip Bar

8

BBQ Turkey Sandwich
on Wheat Bread
Corn Chowder
Potato Salad
Peaches & Pears

15

Chicken Chef Salad
w/Egg & Cheese
on Spinach Romaine
Vegetable Soup
Potato Wheat Roll
Spiced Apple Slices

22

Kielbasa Sausage
on a Bun
Yellow Mustard
Baked Beans
Coleslaw
Spiced Peaches

29

Turkey Chef Salad w/Egg
& Cheese on Romaine
Confetti Coleslaw
Cream of Broccoli Soup
Whole Wheat Roll
Birthday Cake

FRIDAY

Sliced Ham w/
Apple Berry Sauce
Chantilly Potatoes
Green Beans
Whole Wheat Roll
Lemon Poppyseed Cake

9

Orange Glazed Chicken
Steamed Spinach
Spinach Romaine Salad
Delmonico Potatoes
Zucchini Brownie

16

Macaroni & Cheese
Buttered Cabbage
Broccoli
Wheat Bread
Marble Cake

23

Roast Pork
Whipped Potatoes
Zucchini w/Red Peppers
White Dinner Roll
Poke Cake

30

Lemon Herb Chicken
Delmonico Potatoes
Normandy Blend Vegt
Whole Wheat Roll
Golden Fruit Cup