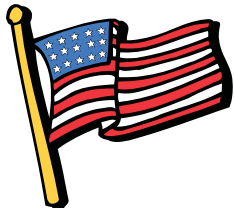


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES MAY 2018</p>	<p>Turkey & Cheese Sandwich Half on Wheat Bread Cream of Tomato Soup Marinated Broccoli Salad Cranberry Fluff 1</p>	<p>Beef Enchilada Casserole Mexicali Corn Green Beans w/Red Peppers Sunflower Seed Roll Rice Pudding 2</p>	<p>Beef Taco Salad Tortilla Chips Spinach Romaine Salad Vegetable Soup Apple Crisp 3</p>	<p>Meatloaf w/ Mushroom Gravy Mashed Potatoes w/Gravy Glazed Carrots Sunflower Seed Roll Mandarin Oranges 4</p>
<p>Beef Rigatoni Bake Broccoli Spinach Romaine Salad Potato Wheat Roll Pineapple 7</p>	<p>Chicken Salad w/Potato Wheat Roll Pinto Bean Soup Garden Vegetable Salad Lemon Pudding 8</p>	<p>Vegetable Lasagna w/Zucchini Sunshine Salad Steamed Spinach Garlic Roll Poke Cake 9</p>	<p>Meatloaf Sandwich Half on Wheat Bread Popeye Potato Chowder Tropical Fruit Salad Butterscotch Bar 10</p>	<p>Hmstyle Pork Patty/Grvy Mashed Potatoes w/Gravy Normandy Blend Vegt Oat Bran Bread Peach Cobbler 11</p>
<p>Lemon Herb Chicken Delmonico Potatoes Green Peas & Onions Cornmeal Roll Key Lime Bar 14</p>	<p>Asian Chicken Salad over Spinach Romaine Green Split Pea Soup Cornmeal Roll Vanilla Pudding 15</p>	<p>Sloppy Joe on a Bun Italian Blend Vegetables Pineapple Coleslaw Hermit Bar 16</p>	<p>Egg Salad w/Whole Wheat Roll Lentil Soup Marinated Zucchini Salad Zucchini Brownie 17</p>	<p>Beef Cabbage Bake Green Peas & Carrots Spinach Romaine Salad Cornmeal Roll Cherry Whip 18</p>
<p>Hungarian Goulash Capri Blend Vegetables Pea Salad Whole Wheat Roll Banana Pudding 21</p>	<p>Turkey Salad over Shredded Lettuce Navy Bean Soup Pineapple Coleslaw Whole Wheat Roll Pears 22</p>	<p>Breaded Baked Chicken Patty w/Dijon Sauce Lyonnaise Potatoes Oregon Bean Medley Potato Wheat Roll Pineapple Cobbler 23</p>	<p>Kielbasa Sausage on a Bun Baked Beans Coleslaw Yellow Mustard Chocolate Chip Bar 24</p>	<p>BBQ Chicken Zucchini w/Red Peppers Potato Salad Potato Wheat Roll Vanilla Ice Cream Cup 25</p>
<p><u>Closed for the Holiday</u>  28</p>	<p>Breaded Fish Sandwich w/Tartar Sauce on a Bun Corn Chowder Broccoli Raisin Salad Fresh Orange 29</p>	<p>Braised Beef Tips Mashed Potatoes Scandinavian Blend Vegt Cracked Wheat Roll Mocha Nut Cookie 30</p>	<p>Santa Fe Chicken Mini Salad over Spinach Romaine Tomato Rice Soup Cracked Wheat Roll Birthday Cake 31</p>	<p>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</p>

Is Sodium Your Friend or Foe?

Sodium is an important mineral that is naturally found in or added to foods. This mineral helps to maintain normal fluid balance in your body. The recommended amount of sodium is less than 2,300mg/day, about a teaspoon of table salt. Larger doses, however, can actually cause health problems, such as retaining too much fluid.

How to Lower Sodium in Your Diet

1. Limit your number of packaged products and restaurant meals.
2. Remove the salt shaker from the table and the kitchen.
3. Look at nutrition facts labels: Don't go by taste alone.

Reading a Label: Look at the serving size (8oz. = 1 cup)

Regular chicken with noodles soup

Nutrition Facts	
1 serving per container	
Serving size	8 oz
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 890mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Protein 3g	
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Low-sodium chicken with noodles soup

Nutrition Facts	
1 serving per container	
Serving size	10.75 oz
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Total Sugars 4g	
Protein 12g	
Vitamin A	30%
Vitamin C	0%
Calcium	2%
Iron	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Low sodium = 140mg or less "No sodium" = < 5mg High sodium = ≥460mg

4. Cook at home! Limit use of sauces, or make from scratch.
5. Avoid soup and bread appetizers at restaurants; put no more than 1 teaspoon of dressing on your salad.
6. Look for foods rich in potassium — they help balance sodium and lower blood pressure — such as tomatoes, yogurt and potatoes.
7. Rinse canned foods before eating, as most have added sodium.

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