




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES</p> <p>NOVEMBER 2018</p>	 <p>TURN CLOCKS BACK, NOV. 4</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>Tuna Salad Sandwich Half w/Lettuce on Wheat Bread Vegetarian Vegetable Soup Marinated Vegetable Salad Pineapple Nut Cookie 1</p>	<p>Turkey Patty w/ Mushroom Gravy Whipped Potatoes Green Peas & Carrots Wheat Bread Fresh Orange 2</p>
<p>Beef Patty w/ Peppers & Onions Whipped Potatoes Red Cabbage & Apples Wheat Bread Citrus Gelatin 5</p>	<p>Teriyaki Chicken Sandwich on a Bun Oriental Blend Vegetables Pineapple Slaw Chocolate Pudding 6</p>	<p>Homestyle Pork Patty w/Gravy Parslied Potatoes Italian Blend Vegetables Wheat Bread Lemon Blondie 7</p>	<p>Garden Chicken Mini Salad over Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Tropical Mixed Fruit 8</p>	<p>Chicken Pot Pie w/Biscuit Broccoli Country Coleslaw Blushing Pears 9</p>
<p><u>Closed for the Holiday</u></p>  <p>12</p>	<p>Turkey Salad over Spinach Romaine Cream of Tomato Soup Whole Wheat Roll Ice Cream Cup 13</p>	<p>Meatloaf w/Brown Gravy Whipped Potatoes Oregon Bean Medley Wheat Bread Fresh Fruit 14</p>	<p>BBQ Pulled Pork Sndwch on a Bun Baked Beans Creamy Coleslaw Poke & Pour Cake 15</p>	<p>White Bean Chicken Chili Green Peas Spinach Romaine Salad Cornbread Cherry Gelatin w/Whip Top 16</p>
<p>Pork Choppie w/Gravy Whipped Sweet Potatoes Capri Blend Vegetables Whole Wheat Roll Apple Crisp 19</p>	<p>Egg Salad Sandwich Half w/Lettuce on Wheat Bread Chicken Noodle Soup Marinated Zucchini Salad Lemon Pudding 20</p>	<p>Sliced Rstd Turkey w/Gvy Cranberry Sauce Whipped Potatoes Mixed Vegetables Bread Pudding Pumpkin Pie 21</p>	 <p>THANKSGIVING CLOSED FOR HOLIDAY, NOV. 22-23</p> <p>22 23</p>	
<p>Lemon Herb Chicken w/Rice Pilaf Green Beans w/Peppers Pickled Beets Pineapple 26</p>	<p>BBQ Chicken Sandwich on a Bun Tater Tots Chuckwagon Corn Lemon Cookie 27</p>	<p>Swiss Style Patty Whipped Potatoes Capri Blend Vegetables Cracked Wheat Bread Applesauce Gingerbread 28</p>	<p>Shaved Turkey Sandwich Half w/Lettuce on Wheat Bread Potato Chowder Creamy Coleslaw Zucchini Brownie 29</p>	<p>Cheese Lasagna Rollups Marinated Broccoli Salad Carrots Garlic Roll Peaches 30</p>

Stickers on Produce Edible, Too

Stickers on produce, such as fruits and vegetables, are edible. These stickers and their glue have been approved by the Food and Drug Administration as safe to ingest. The process is called

pressure sensitive adhesive, which is ideal for fruits and vegetables. This process can be applied to many different types of surfaces at a wide range of temperatures and does not leave residue behind when removed.

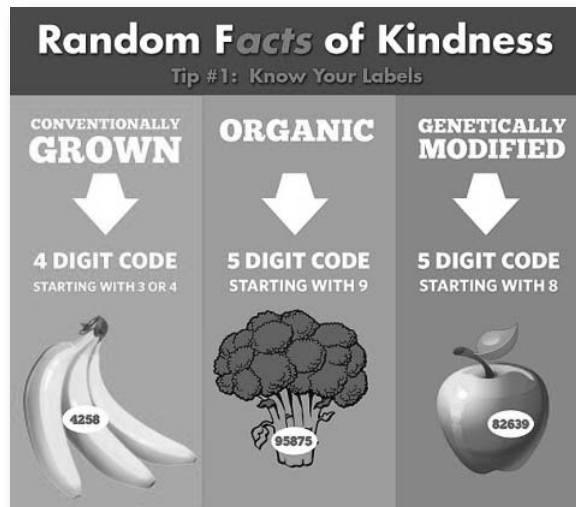
Even though these stickers are small, they convey important information — they tell you more than you think. The “Price Lookup” number, also called the PLU code, identifies the fruit or vegetable, and also describes how it was grown. The label can potentially tell you if the produce was

genetically modified, organically grown or produced with chemical fertilizers, fungicides, or herbicides.

Fun Fact:

A New York inventor is working on manufacturing a sticker that will dissolve under water and turn into a wash to help sanitize the produce. — Fresh & clean fruits & veggies!

- Conventionally grown means produce was grown with the use of pesticides.
- Organic means the product was grown in accordance with the USDA organic standards, with no modification.
- Genetically modified is when the genetic configuration of the produce has been altered in some way.



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.