



# balanced choices<sup>®</sup>

for a healthy lifestyle

March 2018

NORTHWEST SENIOR & DISABILITY SERVICES

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>

### Dining Centers & Days of Service

#### Call for Lunch Reservations

#### MARION, POLK & YAMHILL COUNTIES

##### Dallas, La Creole Manor

Mon/Wed/Fri (503) 623-6232

##### McMinnville,

##### McMinnville Senior Center

Monday - Thursday (503) 472-4214

##### Monmouth, Monmouth Sr. Center

Tuesday/Thursday (503) 838-2084  
(Home Delivered Only)

##### Mt. Angel,

##### Mt. Angel Community Center

Tuesday/Thursday (503) 845-9464

##### Newberg, Chehalem Senior Center

Monday - Friday (503) 538-1490

##### Sheridan, United Methodist Church

Mon/Wed/Fri (503) 843-2000

##### Silverton, Silverton Senior Center

Monday - Friday (503) 873-6906


##### Stayton, Stayton Community Center

Mon/Wed/Fri (503) 769-7995

##### Woodburn,

##### First Presbyterian Church

Monday - Thursday (503) 981-3470

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>NORTHWEST SENIOR &amp; DISABILITY SERVICES</b></p> <p align="center"><b>MARCH 2018</b></p>		<p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p>	<p>♥ <b>Baked Beef Rigatoni or <u>Chicken Rice Cake</u></b> Green Beans Garden Vegetable Salad White Dinner Roll Peach Crisp</p> <p align="right">1</p>	<p>♥ <b>Broccoli Chs Omelet Bake or <u>Chicken Pastina</u></b> Mixed Vegetables Spinach Romaine Salad Wheat Roll Hermit Bar</p> <p align="right">2</p>
<p>♥ <b>Chicken Chop Suey or <u>Sweet &amp; Sour Pork</u></b> Brown Rice Oriental Blend Vegetables Broccoli Raisin Salad Banana Pudding</p> <p align="right">5</p>	<p>♥ <b>Meatloaf Sandwich Half or <u>Turkey Sandwich Half</u></b> on Wheat Bread Beef Barley Soup Pickled Beets Chilled Pears</p> <p align="right">6</p>	<p>♥ <b>Chicken Spanish Rice or <u>Scalloped Potatoes &amp; Ham</u></b> Succotash Spinach Romaine Salad Seven Grain Roll Rhubarb Apple Crisp</p> <p align="right">7</p>	<p>♥ <b>Chicken Patty w/Gravy or <u>HmStyle Pork Patty/Gvy</u></b> Whipped Potatoes Steamed Carrots Oatmeal Bread Gelatin Jewels w/Whip Top</p> <p align="right">8</p>	<p>♥ <b>Brd Bkd Fish w/Tartar Sc or <u>Kielbasa</u></b> on a Bun Whole Kernel Corn Carrot Mandarin Salad Frozen Hot Chocolate</p> <p align="right">9</p>
<p>♥ <b>Cowboy Campfire Stew or <u>Chicken Tetrazzini</u></b> Cut Green Beans Creamy Coleslaw Oatmeal Roll Orange Whip</p> <p align="right">12</p>	<p>♥ <b>Hearty Chicken Stew or <u>Beef Chili w/Beans</u></b> Chuckwagon Corn Tossed Salad Sunflower Seed Roll Golden Fruit Cup</p> <p align="right">13</p>	<p>♥ <b>Roast Turkey w/Gravy or <u>Salisbury Steak</u></b> Whipped Potatoes Broccoli Cracked Wheat Bread Seasonal Fresh Fruit</p> <p align="right">14</p>	<p>♥ <b>Lima Beans &amp; Ham or <u>Beef Shepherd's Pie</u></b> Herbed Carrots Romaine Iceberg Salad French Roll Lemon Pudding</p> <p align="right">15</p>	<p align="center"><u>St. Patrick's Day</u></p> <p>♥ <b>Corned Beef/Cabbage Bk or <u>Mac &amp; Cheese Florentine</u></b> Green Peas Carrot Mandarin Salad Caraway Rye Roll Shamrock Cake</p> <p align="right">16</p>
<p>♥ <b>Chicken &amp; Dumplings or <u>Spaghetti w/Meat Sauce &amp; Whole Wheat Roll</u></b> Green Peas &amp; Onions Spinach Romaine Salad Chilled Peaches</p> <p align="right">19</p>	<p>♥ <b>Tuna Loaf w/Cream Sc or <u>Beef &amp; Potato Stew</u></b> Herbed Carrots Romaine Iceberg Salad Bran Rye Roll Zucchini Brownie</p> <p align="right">20</p>	<p>♥ <b>Asian Chicken Salad or <u>Egg Tofu BLT Salad</u></b> on Spinach Romaine Chicken Rice Soup Wheat Roll Pineapple</p> <p align="right">21</p>	<p>♥ <b>Chicken Breast Supreme or <u>Roast Pork w/Gravy</u></b> Whipped Potatoes Country Trio Vegetables Squash Bread Apple Cobbler</p> <p align="right">22</p>	<p>♥ <b>Cheese/Green Chile Bk or <u>Beef Enchilada Bake</u></b> Cut Green Beans Spinach Romaine Salad Wheat Dinner Roll Vanilla Pudding</p> <p align="right">23</p>
<p>♥ <b>Creamed Turkey &amp; Vegt or <u>Beef Stroganoff</u></b> Whipped Potatoes Seasoned Carrots Whole Wheat Roll Peanut Butter Bar</p> <p align="right">26</p>	<p>♥ <b>Orange Glz Chicken Brst or <u>Country Fried Steak</u></b> Colcannon Potatoes Mixed Vegetables Wheat Bread Cookies'n Cream Pudding</p> <p align="right">27</p>	<p>♥ <b>Trky Salad Sndwch Half or <u>Egg Salad Sandwich Half</u></b> on Wheat Bread Vegetarian Vegetable Soup Apple Cranberry Slaw Pears</p> <p align="right">28</p>	<p align="center"><u>Brunch Lunch</u></p> <p>♥ <b>Southwest Omelet Bake or <u>Pork Sausage Gravy</u></b> Buttermilk Biscuit Red Potatoes Spinach Romaine Salad Flavored Yogurt</p> <p align="right">29</p>	<p>♥ <b>Brd Bkd Fish w/Tartar Sc or <u>Turkey Patty w/Gravy</u></b> Whipped Potatoes Cut Green Beans French Bread Coconut Treasure Cake</p> <p align="right">30</p>