

HILLSBORO MENU (701-636-5954)

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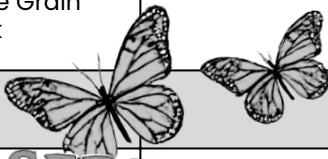
SEE PAGES 6-7 FOR ALL SITE MENUS-INFO ON ORDERING A MEAL FOR ALL SITES ON PAGE 2

MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+; UNDER 60 IS A CHARGE OF \$11.75 PER MEAL

Please call **701-636-5954** one day in advance by 2 pm Tuesday through Friday to reserve a meal

ALL MEALS INCLUDE 8oz 1% MILK (for Monday call by 2pm Friday)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches Wheat Bread x 2	Chef Salad Bowl Ranch Dressing Cantaloupe Whole Grain Breadstick	Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries Whole Grain Breadstick	Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad Wheat Bread x 2
07	08	09	10	11
CLOSED 	Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread	Stuffed Manicotti Marinara Sauce House Salad Roasted Eggplant Strawberries Cake Whole Grain Breadstick	Beef Potato Hash Sicilian Blend Veggies Winter Fresh Fruit Salad Wheat Roll	Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Wheat Roll
14	15	16	17	18
Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt Wheat Roll	Grandma's Hot Dish Zucchini & Cucumber Salad Mixed Veggies Honeydew Garlic Whole Grain Breadstick	Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	Chicken & Noodles Seasoned Green Peas WG Bread Applesauce Margarine	Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2
21	22	23	24	25
Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears Wheat Bread	Chili w/ Beans Baked Potato Sliced Apples Wheat Bread	Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad Pineapple	Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce Garlic Whole Grain Breadstick	Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes Wheat Bread x 2
28	29	30	 SEPTEMBER 	
Beef Stroganoff Parslied Noodles Peas Mixed Root Veggies Banana Wheat Roll	Option 1: Liver & Onions Option 2: Salisbury Steak Mashed Potatoes Broccoli Blueberries Wheat Bread	Hot Pork Sandwich Ranch Beans Peas & Carrots Snickers & Apple Salad Wheat Roll		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches	02 Chef Salad Bowl Ranch Dressing Cantaloupe Whole Grain Breadstick	03 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad
07 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	08 Chicken Kiev O'Brien Potatoes Green Beans Oregano Fruit Cocktail Wheat Bread	09 Stuffed Manicotti Marinara Sauce House Salad Roasted Eggplant Strawberries Cake	10 Beef Potato Hash Sicilian Blend Veggies Winter Fresh Fruit Salad Wheat Roll	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana
14 Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt	15 Grandma's Hot Dish Zucchini & Cucumber Salad Mixed Veggies Honeydew	16 Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	17 Chicken & Noodles Seasoned Green Peas WG Bread Applesauce	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears	22 Chili w/ Beans Baked Potato Sliced Apples Wheat Bread	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad Pineapple	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Mixed Root Veggies Banana	29 Option 1: Liver & Onions Option 2: Salisbury Steak Mashed Potatoes Broccoli Blueberries	30 Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad		

Healthy Weight and Growth

ABOUT WATER AND HEALTHIER DRINKS



BENEFITS OF DRINKING WATER

Getting enough water every day is important for health. Drinking water can prevent dehydration, which may cause unclear thinking, mood change, overheating, constipation, and kidney stones. Water has no

calories, so replacing sugary drinks with plain water can help reduce caloric intake.

WATER HELPS YOUR BODY:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues

- Get rid of waste through urination, perspiration, and bowel movements.

YOUR BODY NEEDS MORE WATER WHEN YOU ARE:

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

MEETING YOUR WATER INTAKE EVERY DAY

Daily water intake recommendations vary by age, sex, pregnancy status, activity level, and breastfeeding status. Daily water intake is mostly from water and other beverages. Foods, especially those with high water content such as many fruits and vegetables, can also add to fluid intake.

(continued on page 7)

BUXTON (701-847-2069)

MONDAY	WEDNESDAY	FRIDAY
	02 Chef Salad Bowl Ranch Dressing Cantaloupe	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad
08 - Tuesday Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	09 Stuffed Manicotti / Marinara Sauce House Salad Roasted Eggplant Strawberries Cake	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana
14 Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt	16 Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Mixed Root Veggies Banana	30 Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad	

FINLEY (701-524-1818)

MONDAY	WEDNESDAY	FRIDAY
	02 Chef Salad Bowl Ranch Dressing Cantaloupe	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad
08 - Tuesday Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	09 Stuffed Manicotti / Marinara Sauce House Salad Roasted Eggplant Strawberries Cake	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana
14 Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt	16 Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Mixed Root Veggies Banana	30 Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad	

ABOUT WATER AND HEALTHIER DRINKS

(continued from page 6)

TIPS TO DRINK MORE WATER

- Carry a reusable water bottle with you.
- Freeze water in freezer-safe bottles for ice-cold water all day.
- Choose water over sugary drinks.
- Opt for water when eating out.
- Serve water during meals.
- Add a wedge of lime or lemon to your water.

OTHER BEVERAGES

- **Sugary drinks:** Regular sodas, fruit drinks, energy drinks, sweetened waters, and sweetened coffee and tea contain calories but little nutritional value.
- **Alcoholic drinks:** If you choose to drink alcohol, do so in moderation.
- **Caffeinated drinks:** Moderate caffeine consumption (up to 400 mg per day) can be

part of a healthy diet for most adults. That's about 2-3 cups of plain coffee.

- **Drinks with sugar alternatives:** Drinks that are labeled "sugar-free" or "diet" likely contain high-intensity sweeteners, such as sucralose, aspartame, or saccharine. These sweeteners may reduce caloric intake in the short term. However, there are many questions about the sweeteners' effectiveness for long-term weight management.
- **Energy drinks:** In addition to added sugar, these products may also contain large amounts of caffeine and other legal stimulants. Concerns have been raised about the potential health risks of these products, especially for young people.

(cdc.gov)