

BREEN OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday		
		1. <u>Celebrating all October Birthdays!!</u> Hamburger Gravy Over Mashed Potatoes Carrots Dinner Roll	2. Lemon Chicken & Rice Brussel Sprouts Applesauce	Breen Center—906-774-5110 <i>Please call ahead to sign up for meals.</i>	
6. Liver or Substitute Roasted Garlic Potatoes Biscuit Pudding	7. Baked Chicken Mashed Potatoes & Gravy Green Beans Fruit Crumble	8. Meatloaf Mashed Potatoes & Gravy Candied Carrots Biscuit	9. Spaghetti & Meatballs Green Beans Garlic Bread	<i>Salad Bar 11:00</i> <i>Meal Served at 11:30</i> <i>Meals are subject to change without notification.</i>	
13. Pasty Pie Corn Applesauce	14. Sloppy Joe w/ Bun Baked Mac & Cheese Sweet Potato Fries	15. Scalloped Potatoes w/ Ham Peas Dinner Roll Fruit Crumble	16. BBQ Chicken Rice Pilaf Baked Beans Dinner Roll	<i>Questions or Concerns please reach out to DICSA 906-774-2256 Ext. 235 or 244</i>	
20. Baked Fish Au Gratin Potatoes Carrots Dinner Roll Fruit Cobbler	21. Swedish Meatballs Buttered Noodles Mixed Veggie	22. Stuffed Peppers Baked Potato Biscuit Pudding	23. <u>Salad Bar 3:30 pm</u> <u>Night Meal 4:00 pm</u> Roast Beef Mashed Potatoes & Gravy Green Bean Casserole Biscuit Apple Pie ala Mode	<i>All meals are served with choice of skim milk or juice and fruit.</i>	
27. Baked Pork Chop Mashed Sweet Potatoes Peas & Carrots Biscuit	28. Oven Fried Fish & Chips Green Beans Tartar Sauce Pudding	29. Cheese Ravioli w/ Meat Sauce Italian Veggies Garlic Bread	30. Meatloaf Mashed Potatoes & Gravy Candied Carrots Biscuit	<i>Meals are funded by program income, local millage, OSA & The Area Agency on Aging.</i>	



Make Snacking a Healthy Event!

- **Snack only when you are hungry.**
Avoid eating out of boredom or when you are stressed. This can lead to excess weight gain.
- **Plan snacks ahead of time.**
Fixing snacks in advance can save you time and make healthy snacks the easy choice. For example, wash and cut up fresh fruit or make your own trail mix.
- **Choose snacks that are 200 - 300 calories or less** and include a variety of nutrients (fiber, healthy fats, and vitamins).
- **Use snack time as a way to increase your fruits and vegetables.**
Choose brightly colored fruits and vegetables to help ensure you are getting a variety of nutrients in your diet.
- **Snack time is a great time to socialize!**
Eat a snack with a friend or neighbor.
- **Drink plenty of water with your snacks.**



Snack Healthy

Eating a snack between meals can be a part of a healthy diet.

Snacking on healthy foods can help increase your intake of important nutrients, including fiber and good fats, and give you energy between meals.

RECIPE Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. ¼ cup raisins
5. ½ cup dried fruit (your choice!)
6. ½ cup nuts (your choice!)
7. ½ cup mini chocolate chips

DIRECTIONS: Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!

Healthy Snack Ideas

Low-fat/no-fat yogurt with fresh berries

Low-fat cottage cheese with pineapple or peaches

Whole grain crackers with mashed avocado

Small side salad topped with nuts or seeds

Whole grain toast topped with nut butter