

BREEN APRIL 2026

Monday		Tuesday		Wednesday		Thursday		
				1. Meatloaf Mashed Potatoes & Gravy Corn		2. Cranberry Maple Chicken Seasoned Rice Pilaf Carrots Pudding Cup		Breen Center 906-774-5110 <i>Please call ahead to sign up</i>
		6. Porcupine Meatballs Mashed Potatoes Corn Biscuit Pudding		7. French Onion Pork Chops Rice Pilaf Mixed Vegetables		8. Hamburger Gravy Over Mashed Potatoes Carrots Dinner Roll		9. Spaghetti w/ Meatballs Green Beans Garlic Bread
13. Brats Potato Wedges Baked Beans		14. Salisbury Steak Mashed Potatoes & Gravy Green Beans		15. Liver & Onions (Or Substitute) Seasoned Rice Carrots Garlic & Cheese Biscuit Pudding Cup		16. <u>NIGHT MEAL</u> <u>3:30PM Salad Bar</u> <u>4:00 PM Meal</u> Baked Ham Scalloped Potatoes Hard Roll Broccoli Fruit Crumble		Questions or Concerns please reach out to DICSA 906-774-2256 Ext. 244
20. Pasty Pie Corn Applesauce		21. Baked Turkey Buttered Noodles Italian Veggies		22. Deluxe Hamburger Seasoned Potato Wedges Baked Beans		23. Hearty Pork Stew Garlic & Cheese Biscuit Apple Crisp		Meals are funded by program income, local millage, OSA & The Area Agency on Aging.
27. Layered Chicken Bake Cauliflower Croissant		28. Meatloaf Mashed Potatoes & Gravy Candied Carrots		29. Boiled Dinner Biscuit Applesauce		30. BBQ Chicken Oven Roasted Potatoes Green Beans Fruit		



Start simple with vegetables



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.

Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.

Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.

Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.

Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.

Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.

