Breen **November 2026**

M	T	W	TH	
2 Cabbage Rolls Mixed Veggies Biscuit	3 Baked Chicken Mashed Potatoes & Gravy Candied Carrots Pudding	4. Wet Burritio Refried Beans w/ Cheese Mexican Rice	5. Apple Pork Chops Mashed Potatoes Peas Cake	***Please call the Breen Center to sign up for meals ahead of time 906-774-5110***
9. Liver or Substitute Roasted Garlic Potatoes Biscuit Pudding	10. Meatloaf Mashed Potatoes & Gravy Corn Jello w/ Fruit	11. Lemon Chicken & Rice Broccoli Applesauce	12. Beef Stroganoff over Noodles Mixed Veggies Croissant	***Questions or Concerns please call DICSA 906-774-2256 EXT 244***
16. Mushrooom Swiss Burger Tater Tots Corn	17. Smothered Chicken Buttered Noodles Dinner Roll Pudding	18. Pork Roast Mashed Potatoes & Gravy Carrots Dinner Roll	19. **Thanksgiving Meal** Turkey Mashed Potatoes & Gravy Green Bean Casserole Dinner Roll Pumpkin Pie	***Meals subject to change without notice.*** ***All meals served with choice of 2% milk or juice***
23. Baked Chicken & Spaghetti Green Beans Garlic Bread Jello	24. Baked Fish Au Gratin Potatoes Dinner Roll Fruit Crumble	25. Meatloaf Baked Potato Carrots Biscuit Cake	**26.** **CLOSED --** **HAPPY THANKSGIVING!**	***Meals funded through program income, local mileage, OSA, & the local agency on aging.***
30. Sausage Pizza Cheesy Broccoli Breadstick Pudding				

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

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