



<b>WASHINGTON COUNTY NUTRITION PROGRAM</b>  <b>JUNE 2020</b>  <b>MENU IS SUBJECT TO CHANGE****</b>		<i>Meals must be eaten on the Day of delivery!! Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i>	<b>MEAL CONSISTS OF:</b> Protein-2 oz minimum Vegetables-1/2 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter and 1% milk served daily When gravy is provided, low sodium is always used	<b>Cancellations and Restarts:</b> (518)746-2357 <b>Questions and Comments:</b> (518)746-2420 1-800-848-3303 <i>For the safety of our Drivers please restrain your dog!!!</i>	<b>Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington City Board of Supervisors and NYS Office for the Aging.</b>
<b>MONDAY</b>  Heart Healthy Beef Teriyaki Brown Rice Oriental Blend Vegetables Sliced Carrots Banana  1	<b>TUESDAY</b>  Roast Pork Oven brown potatoes Brussel Sprouts Maple baked fruit  2	<b>WEDNESDAY</b>  Lemon Chicken with Dill California Blend Vegetables Mashed Sweet Potatoes Fresh Crisp Apple  3	<b>THURSDAY</b>  Turkey and Swiss on a whole wheat submarine with lettuce, tomato and onion Cucumber salad Melon cup  4	<b>FRIDAY</b>  Tuna salad/crossant with baby spinach, served with sliced tomatoes, marinated cucumbers, and veggie Mac salad Orange  5	
Fish Florentine Brown Rice Confetti Asparagus B-Bar  8	Classic American Goulash Cauliflower Green Salad Banana Whole Wheat Roll  9	BBQ Chicken Leg Mashed Sweet Potatoes Spinach <b>BIRTHDAY CAKE HAPPY JUNE BIRTHDAYS!!!!</b> 10	US Hot Dog with meat sauce on a whole wheat bun Corn California Blend Vegetables Apple  11	Curried Chicken Salad over a bed of baby spinach with cucumber salad & 3 bean salad Tropical Fruit Whole Wheat Roll  12	
Sweet and Sour Pork Brown Rice Baby Carrots Green Beans Mandarin Oranges  15	Chicken Caesar salad with Fresh Greens and Croutons Carrot Raisin Salad Grapes Whole Wheat Roll  16	Lightly Breaded Crispy Fish Sweet Potato Wedges Collard Greens Fresh Green Salad Orange  17	Asian Chicken and Broccoli Brown Rice Oriental Blend Vegetables Apple Whole Wheat Roll  18	Spaghetti Bolognese Cauliflower Italian Green Beans Cherry cheesecake <b>HAPPY FATHER'S DAY!!!</b> 19	
Lemon Butter Scrod Wild Brown Rice Spinach Fresh Green Salad Fig Newtons  22	Chef's Salad with croutons and fresh greens Country Style Tomatoes Fruited Jello Whole Wheat Roll  23	Herb Chicken Breast Baked Potato Lima Beans Berries and Cream  24	Meatloaf Mashed Sweet Potatoes Broccoli Orange  25	Egg Salad on a croissant with baby spinach Veggie Mac Tomato Wedges Tropical Fruit  26	
Baked Italian Ziti Cauliflower Tossed Salad B-Bar Whole Wheat Roll  29	Stuffed Chicken Baked Potato Broccoli Sliced Peaches and Cream  30			<b>MEAL SITES:</b> CAMBRIDGE: (518)677-8592 HUDSON FALLS:(518)747-9352 WHITEHALL: (518)499-2482	

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# NUTRITION NEWS

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Written by, Kristin Stewart RDN

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## Why Drink Milk?

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Dairy provides three of the four nutrients typically lacking in the American Diet, which are Calcium, Potassium and Vitamin D.

Many people think as we age our milk consumption is not as important as when we are young and building our bodies, however this assumption is false. Dairy continues to be an important part of our diet through advanced age.

When planning meals choose milk, cheese and yogurt.

If you have lactose intolerance there are alternatives to traditional milk that will help you maintain adequate intake of these key nutrients.

If you would like to learn more about the importance of dairy in your diet and/or have any other nutrition related concerns, as always please do not hesitate to give me a call at (518)488-8875.

I hope to see you all soon. Stay Well!!

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## National Dairy Month

First of all, I hope this finds you all well. I miss seeing all of your friendly faces around the county and I hope to see you all soon!

I am sure you have all heard about Dairy farmers being forced to dump their milk on the news. It has been tough for everyone these days but given that June is National Dairy Month, I felt I should highlight the Dairy Farmers.

“National Milk Month” began in 1937 as a way to promote drinking milk, however after the National Dairy Council stepped in it was quickly renamed “Dairy Month.” During this month we celebrate our Dairy Farmers and promote consumption of dairy products due to its extremely nutritious properties, see the side note!!!

Dairy farm families pride themselves on producing wholesome dairy foods, 98% of dairy farms are family owned and operated. Dairy farms are dedicated to caring for their cows by working closely with veterinarians to keep their cows happy, healthy and comfortable. They follow strict FDA guidelines to process all dairy foods in a safe environment!!

Sources: [idfa.org](http://idfa.org)-accessed on 5/18/2020; [thedairyalliance.com](http://thedairyalliance.com)-accessed on 5/18/2020