

PRINCE GEORGE'S COUNTY SENIOR NUTRITION PROGRAM

FEBRUARY 2017

Greenbelt Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>02/01/17</p> <p>BBQ BEEF RIBLET BAKED BEANS HOT SPICED FRUIT COLESLAW WHEAT HAMBURGER BUN ORANGE JUICE SKIM MILK</p>	<p>02/02/17</p> <p>BAKED DICED POTATOES BEEF CHILI W/BEANS SOUR CREAM & SHREDDED CHEESE RATATOUILLE WHEAT BREAD W/MARG FRESH FRUIT CRANBERRY JUICE & SKIM MILK</p>	<p>02/03/17</p> <p>10 GRAIN POLLOCK O'BRIEN POTATOES SPINACH WHEAT ROLL W/MARG FRESH FRUIT ORANGE JUICE SKIM MILK</p>
<p>02/06/17</p> <p>GRILLED BEEF STRIPS W/GRAVY WHIPPED POTATOES KALE WHEAT BREAD W/MARG SLICED PEACHES GRAPE JUICE 1% MILK</p>	<p>02/07/17</p> <p>GARLIC ROSEMARY CHICKEN CUT YAMS BROCCOLI WHEAT ROLL W/MARG DICED PEARS APPLE JUICE SKIM MILK</p>	<p>02/08/17</p> <p>CREAM OF TOMATO SOUP W/CRACKERS CHICKEN SALAD SANDWICH ON A KAISER ROLL MIXED GREEN SALAD W/ITALIAN DRESSING FRESH FRUIT APPLE JUICE & SKIM MILK</p>	<p>02/09/17</p> <p>PORK ROAST W/APPLE GLAZE SCALLOPED POTATOES GREEN BEANS WHEAT ROLL W/MARG FRESH FRUIT CRANBERRY JUICE SKIM MILK</p>	<p>02/10/17</p> <p>BBQ CHICKEN COLLARD GREENS PEACH CRISP POTATO SALAD CORNBREAD MUFFIN W/MARG GRAPE JUICE SKIM MILK</p>
<p>02/13/17</p> <p>ASIAN CHICKEN FRIED RICE JAPANESE VEGETABLES WHEAT BREAD W/MARG MANDARIN ORANGES CRANBERRY JUICE SKIM MILK</p>	<p>02/14/17</p> <p>CRANBERRY DIJON CHICKEN AU GRATIN ROTINI BROCCOLI WHEAT ROLL W/MARG HEAVENLY FRUIT SALAD STRAWBERRY SHORTCAKE COOKIE APPLE JUICE & SKIM MILK</p>	<p>02/15/17</p> <p>TURKEY A LA KING BROWN RICE SLICED CARROTS BISCUIT W/MARG PINEAPPLE TIDBITS ORANGE JUICE SKIM MILK</p>	<p>02/16/17</p> <p>MEATLOAF W/TOMATO GRAVY WHIPPED POTATOES CABBAGE W/CARROTS WHEAT BREAD W/MARG CHERRY FRUIT TREAT CRANBERRY JUICE SKIM MILK</p>	<p>02/17/17</p> <p>STUFFED SALMON W/DILL SAUCE ROSEMARY CANNELLINI BEANS BRUSSELS SPROUTS CORNBREAD MUFFINS W/MARG APPLESAUCE GRAPE JUICE & SKIM MILK</p>
<p>02/20/17</p> 	<p>02/21/17</p> <p>COUNTRY CAPTAIN CHICKEN BROWN RICE BROCCOLI RYE BREAD W/MARG FRESH FRUIT CRANBERRY JUICE & S. MILK</p>	<p>02/22/17</p> <p>HAMBURGER LETTUCE & TOMATO TATER TOTS WARM CHERRY FRUIT TREAT CARROT RAISIN SALAD WHEAT HAMBURGER BUN MAYO & KETCHUP ORANGE JUICE & SKIM MILK</p>	<p>02/23/17</p> <p>OVEN BAKED CHICKEN MACARONI & CHEESE HARVARD BEETS WHEAT ROLL W/MARG TROPICAL FRUIT GRAPE JUICE SKIM MILK</p>	<p>02/24/17</p> <p>BEEF BARLEY SOUP W/CRACKERS FISH SANDWICH MIXED GREEN SALAD W/BALSAMIC VINAIGRETTE FRESH FRUIT CRANBERRY JUICE SKIM MILK</p>

<p>MONDAY 02/27/17</p> <p>BAKED CHICKEN W/MAPLE MUSTARD SAUCE MASHED SPICED YAMS BRUSSELS SPROUTS WHEAT BREAD W/MARG SLICED PEACHES APPLE JUICE SKIM MILK</p>	<p>TUESDAY 02/28/17</p> <p>CHICKEN GUMBO BROWN RICE MIXED GREENS CORNBREAD MUFFIN W/MARG FRESH FRUIT ORANGE JUICE SKIM MILK</p>			
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5 Ways to Stretch Your Dollar at the Grocery Store

1. Buy in Bulk When Items Go on Sale

Browse your grocery aisles for sale items and stock up on foods you can store in the pantry and freezer. Load your cart with non-perishables such as canned and bottled goods; dried beans and peas; whole-grain pastas, crackers and cereals; brown rice; tomato sauces and nut butters. Plan to fill your freezer with frozen fruit, vegetables, meat, fish and poultry.

2. Think Canned and Frozen

Canned and frozen foods can be less expensive than fresh and they're great to have on hand when you run out of food in your refrigerator. And, don't worry about compromising on nutrition, because fruits and vegetables are canned or frozen at their peak of nutrition and quality

3. Use a Slow Cooker

This handy piece of kitchen equipment uses a moist heat method of cooking which helps tenderize less expensive but tougher cuts of meat. Crandall says you can stretch that meat dollar further by adding frozen vegetables or beans to your slow cooker recipes. **Meals from a slow cooker** are hearty and filling, and they make the house smell good!

4. Cook Meals in Large Batches, Then Freeze for Later

"Buy in bulk and freeze appropriate portions for later. Use correct serving sizes – this can help your waist line and your budget. Batch cook and freeze meals over the weekend when you have more time.

5. Take Advantage of Loyalty Cards, Private Labels, Coupons and Specials

If you haven't signed up for your grocery store's loyalty card, do it now. Sometimes sale prices only are valid with the loyalty card and you could miss out on big savings.