

Lower Sioux Elder Nutrition Program Menu: June 1, 2015-June 30, 2015 Unzanipi-"We are Healthy"

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	June 1	June 2	June 3	June 4	June 5
	Pot Roast Parsley Butter Potato Carrots Small Wheat Roll Cantaloupe Chocolate Pudding	Grilled Chicken Sandwich Bun w/Lettuce/Tomato Herb Potato Salad Small Banana Fudgy Brownie	Baked Lemon Pepper Fish Pasta Salad w/ Veggies Fresh Mandarin Orange Sugar Free Jell-O Chef's Choice Fresh Fruit	Spaghetti w/ Meat Sauce Garden Salad with Western dressing English Muffin Garlic Bread Fresh Melon	Meatloaf Parsley Butter Potatoes Cooked Green Beans Whole Wheat Dinner Roll Chef's Choice Fresh Fruit
Week 2 38 th Annual Lower Sioux Wacipi June 12 –June 14 	June 8	June 9	June 10	June 11	June 12
	Grilled Chicken Breast/gravy Wild Rice salad Whole Wheat Bread Chef's Choice Fresh Fruit	Sloppy Joe Southwest Pasta Salad Fresh baby carrots Chef's Choice Fresh Fruit	Turkey Pot Pie Garden Salad w/light ranch Apple Crisp	Fish Tacos Taco Spiced Rice Greek Yogurt parfait with fresh berries	Elder's Choice Day! Club Sandwich Kettle Chips Chef's Choice Dessert
Week 3 Wisdom Steps Meeting in MPR from 12:00 p.m. - 1:00 p.m. with Diabetes bingo to follow at 1:00 p.m. Thursday, June 18th	June 15	June 16	June 17	June 18	June 19
	Cod Delight Rustic mashed Potatoes Green Beans Whole Wheat Roll Chef's Choice Fresh Fruit	Hamburger Pattie Bun w/ Lettuce/ Tomato Condiments Baked Beans Peach & Berry Crisp	Hearty Ham & White Bean Soup Mixed Greens w/vinaigrette Wheat roll Grapes	Turkey Vegetable Wrap Fresh Melon Cranberry Oatmeal Cookie 	Swedish Meatballs w/ Egg Noodles Cooked Green Beans Whole Wheat Roll Chef's choice fresh fruit
Week 4 *Community Center and Health offices closed in observance of Indian Victory Day June 25th	June 22	June 23	June 24	June 25	June 26
	Roasted Turkey Breast/gravy Rustic mashed Potatoes Cooked Green beans Wheat Dinner Roll Rhubarb Dessert	Baked Salmon w/dill Herb Roasted Sweet Potatoes Garden Salad w/Ranch dressing Wheat Roll Sugar Free Jell-O w/ Mandarin Oranges	Broccoli Cheese Potato Soup Garden Salad w/ Vinaigrette Wheat Dinner Roll Chef's Choice Fresh Fruit	Beef Stroganoff Cooked Green Beans Wheat Bread Blueberry Crisp	Taco Salad: Lean ground beef & salsa in a tortilla bowl Angel Food w/Berries & whipped topping
Week 5	June 29	June 30			
	Grilled Walleye Herb Roasted Sweet Potatoes Garden Salad w/Ranch dressing Wheat Roll Chef's Choice Fresh Fruit	Chicken Caesar Salad Wrap Fresh Grapes Angel Food w/Berries & whipped topping			

Menu includes 1% or skim milk, coffee, tea, water. The menu meets the requirements of the National Standards for providing healthy meals, the *Dietary Reference Intakes* (DRI's) and the *Dietary Guidelines for Americans*. Menu has been evaluated and approved by: Stacy Hammer, RDN, LD. Menu is subject to change.

* Guest meals are available for \$8.50. Guest meal price includes: meal, drink, dessert and gratuity. In order to ensure sufficient food is prepared, please call Gayle McCorkell one day prior at: 697-8016 if you need your meal delivered, or if you will be dining at Jackpot. Meals will be served from 11:30- 12:00 pm Monday- Friday at Jackpot Junction, with socialization until 1:00 pm. Dining room location will be on the 2nd floor, but will vary. Please turn menu over for information on Vitamin D deficiency, food sources and what you can do to help maintain your levels of Vitamin D.

Are you Deficient in Vitamin D?



What does Vitamin D do?

- ❖ Promotes absorption of calcium and Phosphorus, which in turn regulates how much calcium remains in the blood.
- ❖ Helps deposit calcium and phosphorus into bones and teeth, keeping them strong and reducing fracture risk.
- ❖ Helps regulate cell growth. Plays a role in immunity.

How can you become deficient?

- ❖ If you do not consume enough vitamin D from food sources, or absorb enough if sun exposure is limited.
- ❖ Symptoms can include: Excessive sweating in your head, and bone and muscle weakness, which can be subtle.
- ❖ Your kidneys cannot convert vitamin D to its active form
- ❖ If you have dark skin, or are over 65 years, you may not get enough vitamin D in your diet or get enough sunlight for your body to produce it.

What if I consume too much vitamin D?

- ❖ Vitamin D is stored in your body, therefore too much can be toxic. This can lead to confusion, problems with heart rhythm, and kidney stones or damage.
- ❖ Symptoms include poor appetite, weakness, constipation, nausea and weight loss.
- ❖ Overdose usually comes from dietary supplements, not food. Furthermore, because the body limits its own vitamin D production, excessive sun exposure won't result in vitamin D toxicity.

How do I get more Vitamin D?

- ❖ Since your body can make vitamin D after sunlight, or ultraviolet light you may expose your bare skin to sun.
- ❖ By consuming fatty fish such as salmon, tuna. Vitamin D fortified foods, such as: milk, yogurt, cheese, juices, breakfast cereals, breads, mushrooms, as well as eggs from hens raised on vitamin D fortified feed, and egg yolks.
- ❖ If you are concerned about whether you are getting enough vitamin D, talk to your Doctor about whether a vitamin supplement might benefit you, or your Registered Dietitian, Stacy about your diet.