

June 2022 Menu

Dutchess County Office for the Aging - Nutrition
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 845-486-2555 • www.dutchessny.gov/OFANutrition



Monday	Tuesday	Wednesday	Thursday	Friday
<p>June is... African-American Music Appreciation Month LGBTQ Pride Month National Safety Month National Zoo and Aquarium Month</p>				
6	7	8	9	10
Chicken Parmesan Ziti and Sauce Italian Mix Vegetable Italian Bread Peaches	Ham Steak Mashed Sweet Yams Cauliflower Rye Bread Fruit Cocktail	Turkey and Macaroni Casserole Sliced Carrots Italian Bread Apricots	Hot Dogs Tater Tots Green Beans Hot Dog Rolls Brownie	Macaroni and Cheese Stewed Tomato Wheat Bread Mandarin Orange
13	14	15	16	17
Sweet and Sour Chicken Red Potatoes Oriental Vegetable Whole Wheat Bread Pineapple	Meatloaf with Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Roll Sliced Peaches	Chicken Creole with Mixed Vegetables Rice Wheat Bread Pears	Swedish Meatballs Buttered Noodles California Blend Italian Bread Applesauce	Cheese Omelet Rice and Beans Capri Vegetable Rye Bread Pudding
20	21	22	23	24
Chicken Marsala Mashed Potatoes Green Bean Almondine Whole Wheat Roll Cupcake	BBQ Rib Sandwich Rice and Beans Broccoli Whole Wheat Roll Sliced Peaches	Chili and Cheese Rice Sliced Carrots Italian Bread Apricots	Kielbasa with Sauerkraut German Potato Salad Hot Dog Roll Mandarin Orange	Ham Salad Macaroni Salad Cole Slaw Hamburger Roll Brownie
27	28	29	30	
Stuffed Shells Capri Mixed Vegetables Italian Bread Pudding	Stuffed Shells Broccoli Italian Bread Sliced Peaches	Sloppy Joe Rice California Vegetable Hamburger Roll Sliced Peaches	Italian Meatballs Ziti and Sauce Italian Mix Vegetable Italian Bread Apricots	Fish Sandwich Tater Tots Corn Hamburger Roll Jello
<p>All meals served with 1/2 pint of 1% milk Meals subject to change without notice</p>				

Marcus J. Molinaro • County Executive

Todd N. Tancredi • Director, Office for the Aging

The evidence is clear—a balance between regular physical activity and good nutrition is essential for everyone’s health. People of all ages and body types can be physically active and learn to adapt good nutrition habits. Choose to eat a balanced plate of whole foods every day and choose activities you enjoy and do it often!

EATING FOR ACTIVITY

Eat every 3-4 hours throughout the day and choose foods in their natural, whole state as much as possible. Focus on food variety and get a balance of carbohydrates, protein and healthy fats in each of your meals and snacks. If you work out one hour or less at a time per day, then regularly scheduled, well-balanced meals, snacks, and fluids will be nutritionally adequate.

Protein: Builds and repairs muscles. Distribute protein rich foods throughout the day. Focus on lean proteins and plant-based proteins. Examples include chicken, fish, milk, nuts/nut butters, eggs, beans, tempeh, tofu, lentils, and quinoa.

Carbohydrates: Fuel burned during exercise. Focus on complex carbohydrates, such as whole grains and legumes, starchy vegetables, and fruits throughout the day.

Fats: Fuel burned during exercise along with carbohydrates. Choose healthy fats at meals and snacks most often, such as fatty fish, nuts, seeds, olive oil, avocados, and nut and seed oils.

Fluids: Adequate hydration is essential for heart function, body temperature regulation, and prevention of injury, and will enhance performance and promote recovery from activity. Great choices include water, 100% fruit juice, sports drinks, coconut water, milk & milk alternatives. Water is the preferred choice for activities less than one hour in length.



PHYSICAL ACTIVITY RECOMMENDATIONS

Get **150** to **300** minutes a week of moderate-intensity,
OR
75 minutes to **150** minutes a week of vigorous-intensity aerobic physical activity spread throughout the week. If chronic conditions limits your activity, you should be as physically active as your abilities and conditions allow.