



JEFFERSON COUNTY

OFFICE FOR THE AGING

SEPTEMBER 2026 NEWSLETTER

Photo by [Johannes Andersson](#) on [Unsplash](#)

Utah

Zion

Death

Rocky

Teton

Acadia

Denali

Fjords

Anasazi

Glacier

Mammoth

Olympic

Redwood

Sequoia

Badlands

Biscayne

Volcanic

Yosemite

Guadalupe

Petrified

Sand Dunes

Crater Lake

Ever Glades

Joshua Tree

Shenandoah

Washington

Grand Canyon

Yellowstone

Expansive Wilderness



HELLO JEFFERSON COUNTY!

A NOTE FROM YOUR NEW OFA DEPUTY DIRECTOR

Dear Neighbors,

I am so excited to introduce myself as the new Deputy Director here at the Jefferson County Office for the Aging! Joining our Director Bethany Munn and this amazing team is a true privilege. I can't wait to get to work supporting our local seniors, caregivers, and families across the county.



My journey to this position is deeply personal. Over the last few years, I know **firsthand what it takes** to support aging family members to navigate healthcare systems and everything else that retirement brings. Experiencing those triumphs and challenges firsthand is what drew me to this role. It gave me a profound understanding of exactly how vital our office's resources are for local families.

My main goal in this role is to support the staff and programming you count on every day to run smoothly every day and make sure it is easy for you to access. Whether it is our Home Delivered Meals, insurance counseling, caregiver support, or navigating the NY Connects system, I am here to help ensure you get the top-notch service you deserve.

Before taking on this role, I spent over 40 years working in the human services field. I am incredibly eager to bring those decades of experience to our community to help you maintain your independence, health, and quality of life right here at home.

On a personal note, when I am not at the office, you will usually find me baking up something fresh, spending time out in my garden, or canning food to preserve the season's harvest.

I hope to meet many of you soon at our senior centers, workshops, and community events.

Thank you all for the incredibly warm welcome. I look forward to working together!

Warmly,

Pat Fralick

Deputy Director, Jefferson County Office for the Aging

VOLUNTEER

We Need You!

Jefferson County Office for the Aging is looking for volunteers for Respite Haven!

What is Respite Haven?

Respite means taking a much needed break from assisting in the care of others.

Our Respite Haven program is a day program that is designed to provide caregivers time to attend to their needs while providing companionship for their loved ones.

Currently there are two Respite Haven locations in Clayton and the Watertown area. Each site provides socialization, supervision and OFA staff and volunteers will offer activities that include crafts, games, and exercise as well as lunch for attendees.

All volunteers must be 18 or older, and they must first contact the OFA to apply and obtain approval to being volunteering. Once trained, volunteers can sign up for a time block that work with their schedule.

OFA will provide on-going training and support.

S H I N E W I T H R E S P I T E

Call the Office for the Aging at (315) 785-3191

Why Bone Health Matters

As we age, our bones naturally become thinner and weaker . This can lead to a condition called Osteoporosis which increases the risk of broken bones. The good news is what you eat, how you move, and the supplements you take can all help keep your bones strong.

Know Your Risk Factors:

- Over age 65
- A parent has broken a hip
- Weigh less than 127 lbs.
- Smoke or drink more than 3 alcoholic beverages per day
- Take certain medications
- Have a history of fractures as an adult
- Vitamin D or Calcium Deficiency

How Much Do You Need?

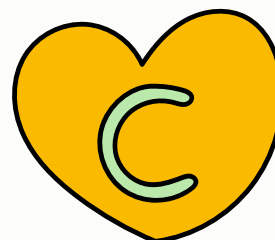
- Calcium:
 - Most Men & Women over 50 should aim for around 1200mg
- Vitamin D:
 - Up to age 70 = 600 IU
 - Over age 70 = 800 IU

Best Calcium Food Sources:

- Plain Yogurt: 300 - 400mg
- Milk: 300mg
- Hard Cheese: 300mg
- Fortified Orange Juice: 300mg
- Canned Sardines: 325mg
- Tofu: 250mg
- Broccoli or Kale: 60 - 100mg
- Almonds: 95mg

Best Vitamin D Food Sources:

- Fortified milk - 100 IU
- Fatty Fish - 400 - 600 IU
- Egg Yolks - 40 IU each
- Fortified cereals and orange juice
- Sunlight (10 - 15 minutes)

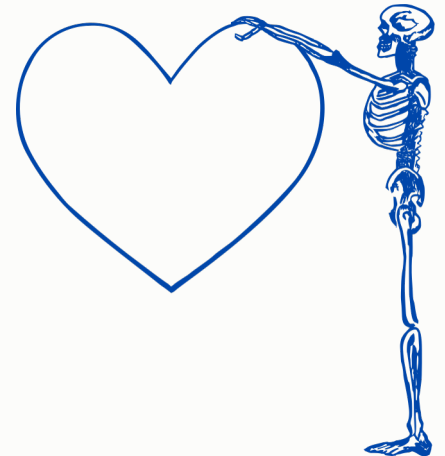
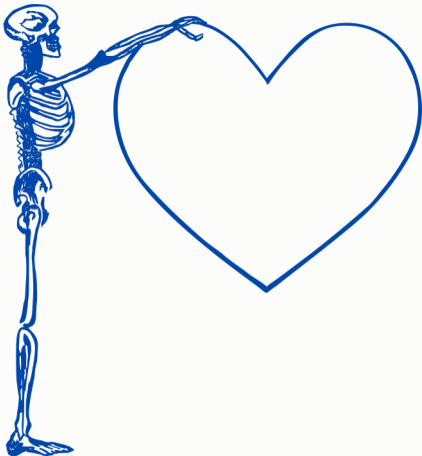


Tips:

- Try to get your calcium from food first - it is better absorbed this way.
- Calcium supplements are best absorbed in doses no higher than 500 - 600mg at a time.
- Calcium carbonate should be taken with food. Calcium citrate can be taken with or without food.
- Many older adults do not get enough Vitamin D from food and sunlight alone. Ask your doctor if you need a Vitamin D Supplement. This can be checked with a simple blood test.

Exercise for Stronger Bones

- Weight-bearing exercises: Walking, dancing, stair climbing, gardening, light jogging. 3 - 5 days per week.
- Strength / Resistance training: Using resistance bands, light hand weights, or body-weight exercises like wall push-ups, sit-to-stand from a chair, or heel raises. 2 - 3 days per week.
- Balance exercises: Standing on one foot, heel-to-toe walking, tai chi. Daily.



By: Amanda Woolnough, RDN
Date: 7/27/26



SEPTEMBER IS HEALTHY AGING MONTH

What Medicare Covers FREE in 2026 - Preventive Services

- ✓ Annual Wellness Visit
- ✓ Mammograms
- ✓ Colonoscopy
- ✓ Cardiovascular Screening
- ✓ Lung Cancer Screening
- ✓ Depression
- ✓ Pneumonia Vaccine
- ✓ Covid-19 Vaccine
- ✓ HIV Screening
- ✓ Diabetes Screening
- ✓ Flu Shot
- ✓ Blood Pressure Screening

Do You Provide Unpaid Help to Someone with Dementia?

Cornell University is looking for participants aged 45+ for a research study on the dementia caregiver experience.



- Must provide **10+ hours** a week or unpaid assistance* to a person living with **Alzheimer's Disease** or **dementia**.
 - The study is an online questionnaire and an interview
 - The study takes about 1.5 hours to complete and you will receive up to \$30 for your participation.
 - All of your answers will be kept completely confidential.
- * Assistance includes: personal care, transportation, shopping/cooking, managing finances or medications, or housekeeping.



Contact Us:

healthyaginglab@cornell.edu

(607) 255-2457

SUPPORT, GUIDANCE AND CONNECTION FOR NEWLY DIAGNOSED PEOPLE – ALL IN ONE APP



My ALZ Journey
ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is excited to introduce **My ALZ Journey**, an innovative and accessible free tool designed for newly diagnosed, early-stage individuals and their care partners to help navigate their journey with Alzheimer's or other dementias.

Developed for those who enjoy using apps in their daily life, **My ALZ Journey** provides personalized guidance, education, planning tools, interactive activities and local community resources.

By delivering the right information at the right time, **My ALZ Journey** fosters connection, combats stigma and empowers individuals and their care partners to take action with confidence.

What You Can Expect

- **Made Just for You** – Personalized content based on who you are (individual or care partner), your location and age at diagnosis.
- **Step-by-Step Help** – Guidance for adjusting to the diagnosis, staying independent and planning for the future.
- **Local Support** – Connections to your local Alzheimer's Association chapter and nearby programs.
- **Tools & Activities** – Planning tools, helpful checklists and creative ways to stay engaged.
- **Based on True Stories** – Developed with input from individuals living with dementia and their care partners to reflect real life, not just research.

Get Started in 3 Easy Steps

- 1. Download** – Find **My ALZ Journey** in the Apple App Store or Google Play Store.
- 2. Customize** – Answer a few questions to tailor the app to your needs.
- 3. Explore** – Access trusted resources, tools and support anytime, anywhere.



ALZHEIMER'S GUIDANCE ANYTIME, ANYWHERE

Download and start your journey today! **My Alz Journey** is available for free at the Apple App Store and Google Play Store.

Visit alz.org/MyALZJourney for more information.





More than 6 million Americans are living with Alzheimer's, and over 11 million provide their unpaid care. These are your family, friends and neighbors.

Help members of your community by volunteering with the Alzheimer's Association®. Whether you're an individual with a passion for the cause, or an organization driven to join the fight, the Association offers a variety of volunteer roles that fit all interests, skills and experience levels.

Opportunities to Volunteer Include:

Sharing your personal story as an advocate. 	Leading a support group. 	Providing information to community members. 
Participating in a clinical trial or research study. 	Raising funds and awareness for Walk to End Alzheimer's®, The Longest Day® or Ride to End ALZ®. 	Host an education program or a community listening program. 

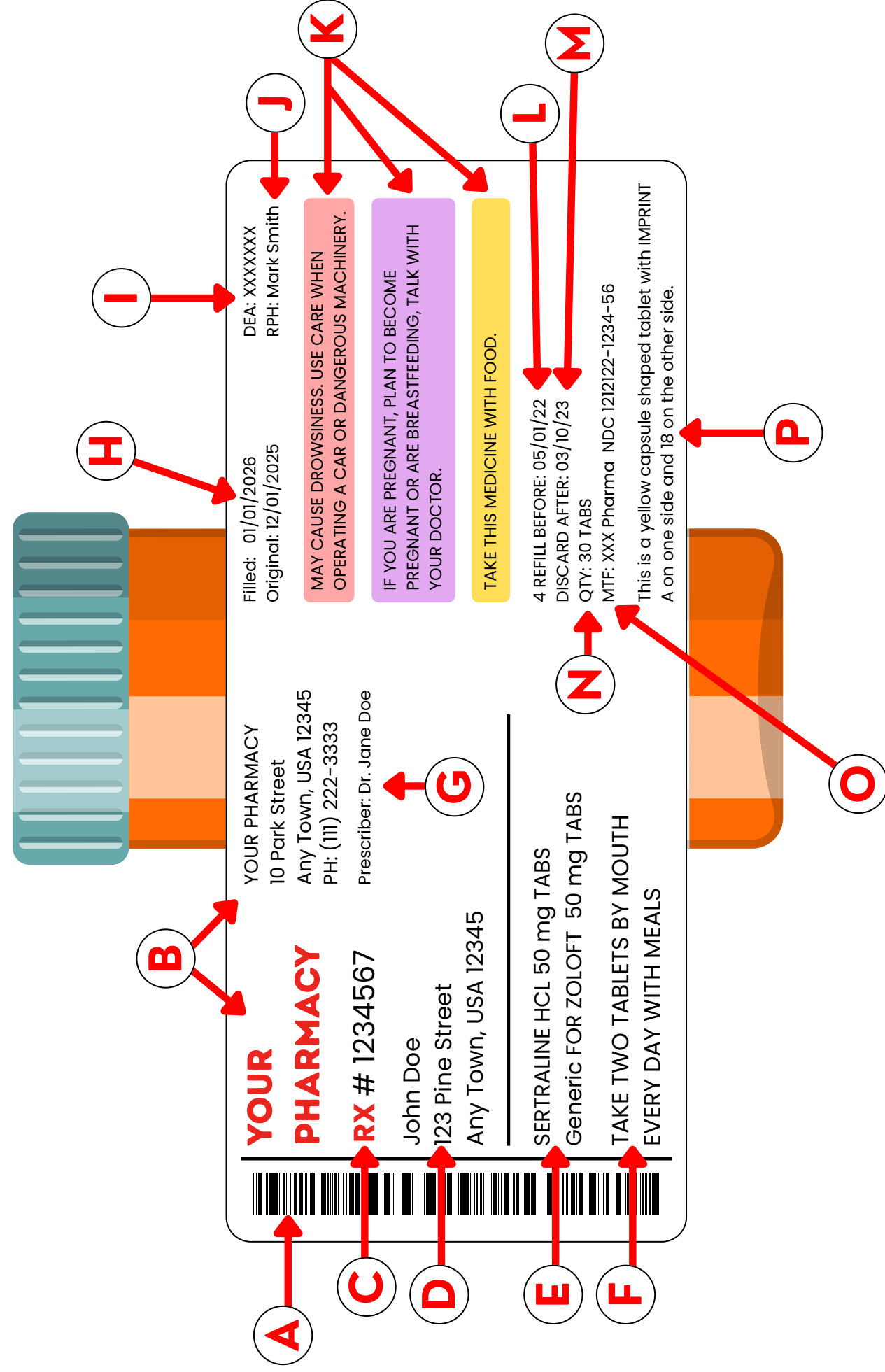
Visit alz.org/volunteer to get started.

Care and Support When You Need It

If you or someone you know is facing Alzheimer's or another dementia, the Association offers free resources, including:

- » Our 24/7 Helpline (800-272-3900).
- » Information on alz.org.
- » The Alzheimer's Association & AARP Community Resource Finder at communityresourcefinder.org.

Anatomy of a Prescription Label



Anatomy of a Prescription Label

By: Consumer MedSafety.org

Prescriptions for medicine include important information such as the name of the medicine, the dosage, and directions for how it should be taken. This information is printed on the pharmacy label that is placed on the prescription bottle given to you by the pharmacy.

It is important to read the information found on the pharmacy label to make sure the medicine is for you and that it is the medicine you expect. Pharmacy labels may look slightly different at each pharmacy (e.g., CVS, Walgreens).

Each letter in the image on the previous page points to information commonly found on a pharmacy label. Look for the corresponding letter listed below the image to learn more about the information provided on the pharmacy label.

- A** **Barcode.** The prescription label will have a barcode. Pharmacists and pharmacy technicians use barcoding technology to verify they have the correct medicine and dosage for a specific patient.
- B** **Name, location, and telephone number of your pharmacy.** This is where your prescription was filled. If you have any questions about your prescription once you are home, use this information to contact your pharmacist.
- C** **Your prescription number.** Every prescription is given a unique number. This number can be used to request a refill.
- D** **Your name and address.** Your name and address should be listed here. If the medicine is for a family member or friend, their name and address should be listed. It is important to make sure this information is correct before leaving the pharmacy.
- E** **Name of the medicine.** The generic and/or brand name of the medicine, its strength, and formulation (e.g., tablets, capsules) may be listed on the same line.
- F** **Directions.** The prescriber will provide information about how the medicine should be taken. These instructions will be put on the label so you know how much to take (e.g., two tablets), how often, and sometimes what time of the day to take it. Medicines that come in different formulations such as liquids, creams, or injections, will have specific instructions on how they should be used. Be sure to read the directions on the pharmacy label before leaving the pharmacy and ask your pharmacist to review them with you to make sure you understand how to take the medicine.
- G** **Name of the prescriber.** The person (e.g., doctor, nurse practitioner, physician's assistant) who prescribed the medicine.
- H** **Date.** The date the original prescription was filled. If you had the prescription refilled, the date that was refilled will be listed too.
- I** **DEA number.** The US Drug Enforcement Administration (DEA) assigns each pharmacy with a unique DEA number. A DEA number is required by pharmacies to dispense controlled substances like opioids. This number may appear on the label even if the medicine is not a controlled substance.

- J Name of the pharmacist.** The name of the pharmacist that filled your prescription may be listed on the label.
- K Warnings or special instructions.** Warnings and special instructions are placed on the container. Sometimes they are applied as stickers and sometimes they are printed on the label. This information often includes common side effects of the medicine and special instructions such as take with food or avoid the sun.
- L Refills.** Sometimes the prescriber will order refills for the medicine. The number of times the medicine can be refilled will be included on the label. Some medicines, such as antibiotics, do not usually include refills.
- M Discard date.** This is the date the medicine will expire. If all of the medicine is not used by this date, it should be discarded.
- N The quantity.** The number of tablets or capsules in the container.
- O Manufacturer information and NDC.** The name of the drug company that made the medicine is included on the container. The NDC number, or National Drug Code, is a unique code the US Food and Drug Administration (FDA) assigns to each drug so it can be identified if the medicine is recalled.
- P Description of the tablet or capsule.** Most pharmacy labels will provide a description of what the medicine looks like (e.g., color, shape). For tablets and capsules, the description may also include the letters or numbers imprinted on them.

Accidental Poisoning

Most poisonings in older adults involve prescription and over-the-counter medicines, herbals, and vitamins. Most older adults do not consider taking too much medicine as a "poisoning."

The poison center recommends practicing the safe use of medicine, both prescription and over-the-counter (OTC), to avoid unintentional poisoning.

Keep the number of the Upstate New York Poison Center, just in case – **1-800-222-1222**.

Take Your Medicines Safely

Remember these are six questions you should always ask about any medication you are taking:

- What is the name of the medicine?
- What is the medicine for?
- How often do I take the medicine?
- What are the possible side effects?
- What should I do if I miss a dose of my medicine?
- While taking this medicine, should I avoid drinking alcohol, driving, eating certain foods or drinking certain juices, taking certain over-the-counter or prescription medications, vitamins, herbals, or minerals?

UPSTATE NEW YORK
POISON CENTER

Arches, Bryce Canyon and Capital Reef National Parks are in ____.

____ National Park in Utah has a shuttle system to preserve the environment

Temperatures in ____ Valley can reach 120 degrees

____ Mountain National Park is located east of Estes Park, Colorado

There are over 200 miles of hiking trails in Grand ____ National Park

____ National Park in Maine includes many islands off the coast

Mount McKinley is located in this national park

Kenai ____ National Park in Alaska has glaciers meeting the ocean

Mesa Verde National Park is home to Pueblo ruins of the ____

Going-to-the-Sun Road is located in ____ National Park in Montana

____ Cave National Park is home to the largest cave system in the world

Washington's ____ National Park includes coastline, mountains & rainforest

____ National Park is home to some of the oldest trees in the world.

____ National Park is home to the General Sherman Tree

____ National Park is in South Dakota

Ninety-five percent of this National Park in Florida is water

Lassen ____ National Park in northeastern California

Naturalist John Muir was a vocal advocate of this California park

____ Peak in this Texas national park is the highest point in Texas

The ____ Forest National Park also includes the Painted Desert

Great ____ National Park is at the base of the Sangre de Cristo Mountains

____ in Oregon has a lake in a collapsed volcano

The ____ in Florida was created to protect its fragile ecosystem

____ National Park is home to trees associated with the Mojave desert

____ National Park includes part of the Blue Ridge Mountains

The North Cascades and Mt. Rainier National Parks are in ____

The ____ is also one of the natural wonders of the world

Established in 1872, ____ was the first national park.



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			D
			T
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		W	

Answers on back of first page

Use the words from the last page to fill out the word search!

M	P	E	Y	O	S	E	M	I	T	E	X	G	I	P
H	A	R	E	D	W	O	O	D	F	J	O	R	D	S
A	A	M	S	S	E	K	A	L	R	E	T	A	R	C
E	N	T	M	D	E	C	S	G	Z	I	O	N	E	S
N	A	S	U	O	N	Q	L	H	T	A	E	D	P	E
Y	N	E	E	R	T	A	U	H	S	O	J	C	U	N
A	A	B	I	D	C	H	L	O	N	V	O	A	L	U
C	S	E	H	I	A	C	A	D	I	A	L	N	A	D
S	A	D	E	N	A	L	I	W	A	A	Y	Y	D	D
I	Z	R	O	C	K	Y	G	G	I	B	M	O	A	N
B	I	L	D	E	I	F	I	R	T	E	P	N	U	A
V	O	L	C	A	N	I	C	D	E	E	I	O	G	S
W	A	S	H	I	N	G	T	O	N	V	C	T	T	R
N	S	H	E	N	A	N	D	O	A	H	E	E	D	E
K	E	N	O	T	S	W	O	L	L	E	Y	T	S	S

Enter the unused letters from the puzzle, in order:

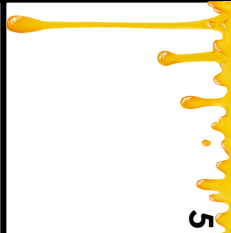
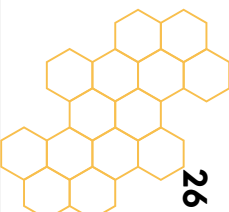
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Copy boxed letters to form your hidden message:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 10 AM Boomers 12 PM Lunch 3 PM Ukulele Class 6 PM Stolen Moments Ink Craft	2 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM YouTube Chair Exercise 1 PM TaiChi 6 PM Al-Anon	3 10 PM Boomers 12 PM Lunch 5 PM Chair Yoga	4 10 AM Thrift Shop, Dollar General 10 AM Bingo 12 PM Lunch 12 PM Mahjong	5
	6 Closed For The Holiday	7 9 AM Watertown Shopping 10 AM Boomers 12 PM Lunch 3 PM Ukulele Class	9 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM YouTube Chair Exercise 11 AM Grief Share 1 PM TaiChi 6 PM Al-Anon	10 10 PM Boomers - Circuit 12 PM Lunch 5 PM Chair Yoga	11 10 AM Bingo 12 PM Lunch 12 PM Mahjong	12 Blood Drive w/ Lucy Reff
	13 10 AM Boomers 10 AM Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Crafts w/ Sharon	14 10 AM Boomers 12 PM Lunch 3 PM Ukulele Class	16 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM YouTube Chair Exercise 11 AM Grief Share 1 PM TaiChi 6 PM Al-Anon	17 10 PM Boomers 12 PM Lunch 1 PM Clayton Food Pantry 5 PM Chair Yoga	18 10 AM Bingo 12 PM Lunch 12 PM Mahjong	19 
20 10 AM Boomers 10 AM Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Card Making w/ Golda	21 10 AM Boomers - Circuit 12 PM Lunch 3 PM Ukulele Class	22	23 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM YouTube Chair Exercise 11 AM Grief Share 12 PM SOUPS ON!!! 1 PM TaiChi 6 PM Al-Anon	24 10 PM Boomers 10 AM Painting w/ Cathy 12 PM Lunch 5 PM Chair Yoga	25 9 AM Price Chopper, McDonalds, Dollar General 10 AM Bingo 12 PM Lunch 12 PM Mahjong	26 
27 10 AM Drumming 11 AM Balanced Boxing 11:30 AM Depauville Lunch Bus 12 PM Mahjong 1 PM Plant Stake Craft w/ Joyce	28	29 10 AM Boomers 12 PM Lunch 3 PM Ukulele Class	30 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM YouTube Chair Exercise 11 AM Grief Share 1 PM TaiChi 6 PM Al-Anon	September 2026 - Paynter Center		

Call the Center to sign up for classes and activities (315) 686-3553 or email: payntercenter@gmail.com

Paynter Center

914 Strawberry Lane, Clayton NY 13624

315 - 686 - 3553

September 2026

Watertown

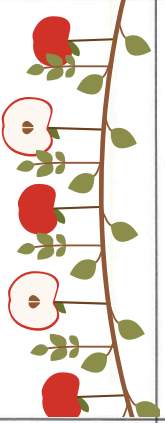
Senior Center

			Wednesday 9/2	Friday 9/4
			9:30 am / Crafts w/ Sharon or Games 11 am / Chair Exercise 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Cardio Drumming	10 am / Games w/ Jean 11 am / Chair Exercise 12 pm / OFA Lunch or BYO Lunch 12 pm / Discover Live Tour- Czech Republic 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Nickel Bingo
Monday 9/7	Wednesday 9/9		10 am / 1st People of Northern NY w/ Dr. Laurie Rush 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Cardio Drumming	10 am / US Trivia w/ Mike 11 am / Chair Exercise 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Rummikub
Closed For The Holiday				Friday 9/11
Monday 9/14	Wednesday 9/16		9:45 am / Nickel Bingo 11 am / Parkinson Support Group 11 am / Discover Live Tour- Heidelberg, Germany 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Cardio Drumming	10 am / Fraud Awareness by Lifespan 11 am / Chair Exercise 12 pm / Ice Cream Social 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Game w/ PIVOT
				Friday 9/25
Monday 9/21	Wednesday 9/23		9 am / Diamond Art w/ Sandie or Games 11 am / Chair Exercise 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Building Brain Health w/ Vicky from the Alzheimers Association	10 am / Book Club 10 am / Floral Arrangements w/ Teona 11 am / Chair Exercise 12 pm / Pizza Day (Sign Up by 9/23) 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Game w/ PIVOT
				Every Day - 9 am / Meet & Greet
Monday 9/28	Wednesday 9/30		10 am / Puzzle Contest or Games 11 am / Chair Exercise 12 pm / Potluck 12 pm / OFA Lunch or BYO Lunch 12:30 pm / Basic Sign Language w/ Jean 1:15 pm / Cardio Drumming	Every Day - 3 pm / Close Sign up for OFA's Lunches at (680) 222-7038 48 Hour Prior Notice Required

September 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191. All meals contain 2% Milk. Condiments not provided.
Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken with Gravy Mashed Potatoes Broccoli Applesauce Whole Wheat Bread	2 Breaded Fish w/ Whole Wheat Bun Roasted Potatoes Spinach Pineapple Chocolate Milk	3 Angel Hair Spaghetti & Meatballs Green Beans Garlic Bread Fresh Banana Cooks Choice Cookie	4 Chicken Salad Whole Wheat Macaroni Salad Roasted Vegetable Salad Fresh Melon Whole Wheat Roll
7 No Meal Delivery Closed for Observance of Labor Day	8 Shepherd's Pie Cauliflower Corn Mixed Fruit Whole Wheat Bread	9 Chicken & Broccoli Alfredo w/ Whole Wheat Penne Carrots Fresh Peach Crisp Whole Wheat Bread	10 Seasoned Pork Chop Over Wild Rice w/ Gravy Brussel Sprouts Cinnamon Applesauce Whole Wheat Bread	11 Cheeseburger w/ Whole Wheat Bun Roasted Sweet Potatoes Zucchini & Squash Fresh Berries
14 Potato & Corn Chowder Spinach Warm Biscuit Pears	15 Whole Wheat Goulash Broccoli Warm Garlic Bread Fresh Orange	16 Open Faced Turkey Sandwich Mashed Potatoes Peas Fruited Jello	17 Tuna Salad w/ Whole Wheat Roll Four Bean Salad Beet Salad Fresh Plum & Chocolate Milk	18 White Chicken Chili Green Beans Corn Bread Fresh Banana
21 Macaroni & Cheese Stewed Tomatoes Zucchini Mixed Fruit Whole Wheat Bread	22 Philly Cheesesteak w/ Onions & Peppers Brussel Sprouts Warm Peaches Whole Wheat Sub Roll	23 Spanish Rice Black Bean Salad Street Corn Pineapple	24 Honey Glazed Pork Mashed Sweet Potatoes Broccoli Fresh Apple Crisp	25 Cooks Choice!
28 Meatloaf with Gravy Mashed Potatoes Peas Mandarin Oranges Whole Wheat Bread	29 Broccoli & Cheese Omelet Home Fries Spinach 100% Juice Whole Grain Muffin	30 Pulled BBQ Chicken w/ Whole Wheat Bun Coleslaw Carrots Warm Applesauce		

Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

Annexa W. W. W. W. W.

October 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191. All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Italian Sausage with Onions & Peppers w/ Whole Wheat Bun Baked Beans Broccoli & Red Peppers Pineapple	2 Lemon Pepper Fish Garlic Roasted Potatoes Brussel Sprouts Fresh Banana Chocolate Milk Whole Wheat Bread
5 Chicken Riggies w/ Whole Wheat Pasta Zucchini & Squash Pear Cinnamon Crisp Whole Wheat Bread	6 Seafood Salad Cranberry Quinoa Salad Broccoli Salad Whole Wheat Bun Fresh Grapes	7 Turkey Pot Pie Green Beans Corn Fresh Orange Whole Wheat Bread	8 Creamy Tomato Soup Lima Beans Crackers Egg Salad Fruited Yogurt Parfait	9 Sloppy Joe w/ Whole Wheat Bun Mashed Potatoes Broccoli Peaches
12 No Meal Delivery Closed for Observance of Columbus Day	13 Chicken & Wild Rice Soup Peas Warm Biscuit Mixed Fruit	14 Baked Fish Scandia over Brown Rice Stewed Tomatoes Brussel Sprouts Pineapple Dessert Whole Wheat Bread	15 Baked Ham w/ Pineapple Sauce Roasted Potatoes Braised Green Cabbage Apricots Whole Wheat Bread	16 Pulled Pork Sandwich w/ Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Warm Cinnamon Pears
19 Roasted Pork Tenderloin over Brown Rice w/ Gravy Zucchini Baked Apples Whole Wheat Bread	20 Chicken Caesar Pasta Salad Caprese Salad Bean Salad Banana Bread Pudding	21 Meatball Sub w/ Whole Wheat Bun Green Beans Corn Mandarin Oranges	22 Broccoli Cheddar Soup Cauliflower Peach Crisp Whole Wheat Roll	23 Mediterranean Chicken over Quinoa Green Lemon Potatoes Roasted Vegetables Fresh Grapes
26 Beef Stroganoff Peas & Carrots Cinnamon Applesauce Chocolate Milk Whole Wheat Bread	27 Chili Green Beans Corn Bread Mixed Fruit Oatmeal Raisin Cookie	28 Ham & Egg Casserole Potatoes O'Brien Spinach 100% Juice Whole Grain Muffin	29 Cooks Choice!	30 Halloween Meal Turkey with Gravy Garlic Mashed Potatoes Jack O Lantern Carrots & Batty Broccoli Pumpkin Patch Dessert

Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

Shirley Washington RDN