



Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Herb Baked Chicken Endive Soup Carrots * Brown Rice Fruit + 	Cheesy Veggie Rice Casserole +* Tossed Vegetable Salad * Garlic Bread Fruit	Angie's Asian Chicken Salad + WW Roll Fruit Treat: Fortune Cookie	Tuna Salad Sandwich on WW Bread Minestrone Soup Spinach Salad with Fruit & Nuts*+ Fruit	Beef Stew* Vegetable Medley Salad* WW Roll Fruit +
<b>8</b>	<b>9</b>	<b>10</b>	<b>HOLIDAY 11</b>	<b>12</b>
Baked South-western Cod Split Pea Soup Carrots * Brown Rice Fruit +	Chicken and Leek Pie (includes biscuit) Vegetable Medley Salad * Fruit +	Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Black Bean Soup + Fruit	 <b>Thank You Veterans</b>	Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Salisbury Steak Mashed Potatoes & Gravy Squash WW Roll Pineapple Fruit Cup+	Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+	Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit + 	Spinach Mushroom Lasagna+ Garden Salad * WW Roll Fruit	Chicken & Veggie Fajita+ with WW Tortilla Black Beans Vegetable Medley Salad* Fruit
<b>22</b>	<b>23</b>	<b>Thanksgiving Meal 24</b>	<b>HOLIDAY 25</b>	<b>HOLIDAY 26</b>
BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad + Fruit	Cod w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts + Rice Pilaf Fruit	Braised Roast Turkey with Gravy Rosemary Roasted Potatoes Green Beans Cranberry Sauce, WW Roll Dessert: Sweet Potato Pie		
<b>29</b>	<b>30</b>		<b>Menu subject to change without notice.</b>	<b>KEY</b>
Baked Potato with Broccoli and Cheese Spinach Salad with Fruit & Nuts +* Fruit	Chicken Dijon Hearty Vegetable Soup+* Carrots * Brown Rice Fruit 		1% Milk served each meal	+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat



# Nutrition Education



## Find immune supporting nutrients in many every day foods

**Vitamin C:** citrus fruits, bell peppers, strawberries, and broccoli

**Vitamin D:** milk, yogurt, salmon, vitamin D fortified foods

**Zinc:** beans, nuts and seeds

**Probiotics:** yogurt, kimchi, miso and sauerkraut

**Protein:** eggs, whole grains, cheese, meat and seafood

## It's Flu Season—Protect Yourself from Getting Sick

Every year between 9 million to 49 million Americans get sick with the flu which can cause mild to severe illness and can result in hospitalization or sometimes even death. Now with the COVID-19 pandemic still around, it may be more of a challenge to differentiate the two viruses since they have similar symptoms. With the flu season occurring around fall and winter, it is important for high-risk individuals to take extra steps to protect themselves from getting sick with the flu.



**High-risk individuals are referred to as:** Older adults 65 years or older, those with chronic medical conditions, pregnant women, children under 5 years old.

### Flu symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness or fatigue

### Tips for flu prevention:

- Get your flu shot
- Wash hands regularly
- Avoid close contact
- Avoid touching eyes, nose, mouth
- Stay home if you are sick
- Cover cough and sneezes

### Sources:

<https://www.cdc.gov/flu/>  
<https://www.health.harvard.edu/staying-healthy/covid-19-and-flu-season-what-to-expect>  
<https://health.clevelandclinic.org/eat-not-fight-colds-flu/>

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While no food or supplement can cure or prevent the flu, you can help protect yourself from the flu by eating foods that help support your immune system. **Consider the following nutrients to help support your immune system:**

- Vitamin C
- Vitamin D
- Zinc
- Probiotics
- Protein



**Consuming a healthy balanced diet with variety along with healthy lifestyle factors can help you prepare for the flu season.**