


July 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Tioga Opportunities, Inc.	Hot meals served with milk, juice, and bread.	Menu subject to change without notice.		1 Beef Tips over Brown Rice Green Beans
4 CLOSED Independence Day Holiday	5 Stuffed Peppers Mashed Potatoes Vegetable	6 Swedish Meatballs Green Beans Muffin	7 Macaroni & Cheese Stewed Tomatoes Pear	8 Chicken Philly Cheesesteak Roasted Potatoes Mixed Vegetables Rainbow Gelatin
11 Greek Style Cannellini with Vegetables Orzo Yogurt	12 Ravioli Florentine Cauliflower Dessert	13 Pesto Chicken with Barley Italian Blend Vegetables Cantaloupe	14 Roasted Turkey with Mashed Potatoes & Gravy Carrots Sponge Cake	15 Pulled Pork Sandwich Sweet Potato Fries Mixed Vegetables
18 Chicken Ratatouille Bow Tie Pasta Pudding	19 Swiss Mushroom Burger Baked Beans Yellow Squash	20 Breakfast for Lunch French Toast with Berries Quinoa & Spinach Hash	21 Spaghetti & Meatballs Brussel Sprouts Fruit Salad	22 Chicken Stir Fry Yellow Rice Watermelon & Blueberries
25 Roast Beef Couscous Zucchini Apricots	26 Chicken Sausage Perogies Spinach Fruit	27 Vegetable Lasagna Mixed Vegetables	28 Pot Roast with Gravy Rosemary Roasted Carrots	29 Beef & Mushroom Stroganoff Broccoli

July 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cold dinner meals served with milk and juice.				1 Egg Salad Cucumber & Tomato Salad Cookie
4 CLOSED Independence Day Holiday	5 Turkey & Swiss Salad Snack	6 Egg Salad Tossed Salad Apple Slices	7 Seafood Salad Pea Salad Fig Bar	8 Tuna Salad Pasta & Pesto Salad Yogurt
11 Chef's Choice	12 Roast Beef Cottage Cheese Cookies	13 Egg Salad Tossed Salad Cookie	14 Seafood Salad Broccoli Salad Fruit Cup	15 Turkey Pasta Salad Cottage Cheese with Fruit
18 Ham & Swiss Four Bean Salad Pineapple	19 Chicken Salad Carrot Salad Fruit Cup	20 Tuna Salad Cottage Cheese	21 Egg Salad Tossed Salad Peaches	22 Turkey & Swiss Salad Yogurt
25 Ham & Swiss Four Bean Salad Fig Bar	26 Cheese & Tomato Salad Cheese Crackers	27 Turkey Salad Garbanzo Bean Salad Yogurt	28 Seafood Salad Tossed Salad	29 Egg Salad Coleslaw Apricots



Healthy Habits



What to Look for in Yogurt

What is cool, creamy, and delicious? Yogurt! Even better, it is a great part of a healthy diet for all age groups. Yogurt is rich in protein and contains calcium and potassium. Some yogurts contain live, active bacteria cultures, as indicated on the label. These cultures, or probiotics, are considered "good bacteria" for the gut and can help maintain healthy digestive systems.

Yogurt comes in an array of flavors and styles. On a single trip to the supermarket, a shopper could easily see more than a dozen different brands with multiple varieties of each. Between low-fat, fat-free, fruited, flavored, plain, Greek, and traditional, the choices of yogurt can be overwhelming.

What Kind of Yogurt to Buy?

- **Whole Milk, Low-Fat, or Fat-Free?** Overall, it is best to choose low-fat or fat-free yogurt as recommended by the *Dietary Guidelines for Americans* and MyPlate. There are many delicious low-fat and fat-free options to choose from.
- **Fruited, Flavored, or Plain?** Added sugar is a common ingredient in fruited and flavored varieties of yogurt. Skip the added sugars by choosing plain yogurt and adding your own fruit or flavors such as cinnamon and vanilla. When you read the Nutrition Facts label on plain yogurt, you still will see that it lists "sugar" even though no sugar has been added. This is because even plain yogurt contains lactose, the naturally occurring sugar in milk.
- **Greek Yogurt or Traditional Yogurt?** Greek yogurt is strained. This process makes it thicker, creamier, and smoother than traditional yogurt. It also has double the protein of traditional yogurt, but reduced calcium. In both traditional and Greek yogurts, bacteria cultures help break down lactose, so yogurt is sometimes an easier dairy food to digest for those who are lactose intolerant. Greek yogurt has less lactose than traditional yogurt, so lactose-sensitive individuals may tolerate it even better than traditional yogurt.
- **Dairy or plant-based?** Whether you cannot or choose not to consume dairy, the good news is there are loads of plant-based dairy alternatives on the market. Be sure to look for versions that are fortified with calcium and vitamin D. Fortified soy-based yogurt has the closest nutrition profile to dairy-based yogurt, while coconut milk and almond milk varieties are lower in protein.

How Much of a Good Thing?

One cup of dairy-based, fat-free or low-fat yogurt provides 30 to 45% of the daily value for calcium, so you can get a lot of nutritional bang for your buck. If you are using frozen yogurt, one cup provides about 10% of the daily value for calcium. Remember to look for fortified varieties if you are choosing plant-based alternatives. Be sure to look for versions that are fortified with calcium and vitamin D. Check in next month for creative ideas on adding yogurt to your diet.

Adapted from resource through Academy of Nutrition and Dietetics, 2022. Prepared by Rachel A. Mischler, RD, CDN. If you wish to speak to Rachel with any questions or nutritional concerns, please contact her at 607-744-0245.

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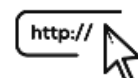
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- Do not like what is being served and wish to cancel your delivery for the day.

To cancel your meal, call Carmel Buneo, HDM Services Specialist, at 607-687-4120, ext. 321.