

## November 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.</b>				<b>1</b> Parmesan Crusted Chicken Wild Rice Brussels Sprouts Chocolate Cake Apple Juice
<b>4</b> Garden Chili Brown Rice Broccoli Greek Yogurt with Orange Sections Cranberry Juice	<b>5</b> Hamburger With Roasted Peppers & Provolone Sweet Potato Cauliflower Fruit Salad Deluxe Apple Juice	<b>6</b> Tuscan Chicken in Whole Wheat Pasta Zucchini & Tomato Peaches Grape Juice	<b>7</b> Spaghetti & Meatballs Spinach Mandarin Oranges Dragon Fruit Juice	<b>8</b> Roast Pork Mashed Potatoes Sauerkraut Apple Spice Cake Orange Juice
<b>11</b> <b>CLOSED</b> <b>Veterans' Day</b>	<b>12</b> Cabbage Rolls Mashed Potatoes Vegetable Greek Yogurt Grape Juice	<b>13</b> Baked Haddock Wild Rice Winter Squash Tropical Fruit Apple Juice	<b>14</b> Chicken a la King Spinach Gelatin with Fruit Cocktail Cranberry Juice	<b>15</b> Scalloped Potatoes & Ham Green Beans Dessert Orange Juice
<b>18</b> Hungarian Goulash Cabbage & Carrots Pineapple Apple Juice	<b>19</b> Manicotti Mixed Vegetables Lemon Pudding with Strawberries Grape Juice	<b>20</b> Meatloaf Roasted Potatoes Green Beans Fresh Orange Cranberry Juice	<b>21</b> Roasted Turkey Mashed Potatoes Stuffing Honey Glazed Carrots Cranberry Gelatin Pumpkin Pie Orange Juice	<b>22</b> Herb Crusted Haddock Winter Squash Mixed Vegetables Dessert Fruit Punch
<b>25</b> Macaroni & Cheese Stewed Tomatoes Greek Yogurt Orange Juice	<b>26</b> Open Face Roast Beef Sandwich Mashed Potatoes Corn Banana Pudding Fruit Punch	<b>27</b> Chicken & Biscuits Brussels Sprouts Fruit Cup Dragon Fruit Juice	<b>28</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>	<b>29</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>

## November 2024 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Menu is subject to change without notice.</b>			<b>1</b> Tuna Salad Tossed Salad with Garbanzo Beans Fresh Fruit
<b>4</b> Turkey Four Bean Salad Fresh Fruit	<b>5</b> Egg Salad Green Bean Dijon Cranberry Juice	<b>6</b> Tuna Salad Cucumber & Tomato Salad Orange Juice	<b>7</b> Ham Salad Tossed Salad with Garbanzo Beans Apple Juice	<b>8</b> Seafood Salad Chef's Choice Fresh Fruit
<b>11</b> <b>CLOSED</b> <b>Veterans' Day</b>	<b>12</b> Turkey & Provolone Low Sodium V-8 Dragon Fruit Juice	<b>13</b> Chicken Salad Sweet Potato Salad Fresh Fruit	<b>14</b> Egg Salad Tossed Salad with Garbanzo Beans Grape Juice	<b>15</b> Tuna Salad Garden Cottage Cheese Fresh Fruit
<b>18</b> Ham & Swiss Pickled Beets Orange Juice	<b>19</b> Turkey & Cheddar Zucchini Tomato Salad Fresh Fruit	<b>20</b> Egg Salad Broccoli Raisin Salad Fruit Punch	<b>21</b> Seafood Salad Cucumber Tomato Salad Fresh Fruit	<b>22</b> Chicken Salad Coleslaw Cranberry Juice
<b>25</b> Ham & Swiss Four Bean Fresh Fruit	<b>26</b> Chicken Salad Pesto Pasta Salad Cranberry Juice	<b>27</b> Egg Salad Tossed Salad with Garbanzo Beans Fresh Fruit	<b>28</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>	<b>29</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>



# Healthy Habits

## Understanding Diabetes – Part I

A whopping 37.3 million Americans have diabetes. And even more people are unaware that they are at high risk for developing prediabetes or progressing to Type 2 diabetes. Prediabetes is often considered a transition step to Type 2 diabetes, but with important lifestyle changes, Type 2 diabetes can be prevented or delayed. In all forms of diabetes, the body's ability to make or properly use insulin is affected. Insulin is a hormone that is made by the pancreas, and it helps your cells store and use energy from food. If you have diabetes, glucose collects in the blood, but doesn't get transported into the cells. Thus, your body is not getting the energy it needs. Also, the high levels of glucose circulate through the body, damaging cells along the way. Diabetes increases the risk of having a heart attack or stroke and may lead to kidney, eye, and nerve damage.

**Types of Diabetes.** The causes of diabetes are complex and still not fully known. Although food doesn't cause diabetes, it is part of the strategy for managing the disease. There are three main types of diabetes:

- **Type 1 diabetes:** The pancreas either makes no or too little insulin. Type 1 is an autoimmune disease that often begins in childhood. The onset is sudden. Just 5.7% of adults with diabetes have Type 1 and take insulin. It cannot be prevented through diet or lifestyle, though they can be helpful in managing this condition.
- **Type 2 diabetes:** The pancreas does not make enough insulin, or the body doesn't use the insulin it makes. Type 2 usually develops slowly. Nearly 89% of individuals with this type of diabetes have a body mass index (BMI) that is considered to be overweight or obese. Other risk factors include family history of diabetes, a history of gestational diabetes, impaired glucose metabolism, older age, and physical inactivity.
- **Gestational diabetes:** With gestational diabetes, the body doesn't make enough insulin during pregnancy. It is thought that other hormones may block the action of insulin. Gestational diabetes often goes away after the baby is born. However, women who develop this type of diabetes are at greater risk for Type 2 diabetes later in life.

**Signs, Symptoms, and Testing.** Signs and symptoms of diabetes include going to the bathroom frequently, being unusually thirsty, losing weight without trying, feeling tired, blurred vision, frequent illness or infection, and poor circulation such as tingling or numbness in the feet or hands. If you have these symptoms, see a doctor immediately. You may need to have one of the following tests for diabetes:

- **Fasting Plasma Glucose:** Indicates the amount of glucose in a sample of blood taken when a person is fasting (often they haven't eaten anything for eight to 12 hours).
- **A1C Test:** Measures a person's average blood glucose range over the past two to three months. This test shows the amount of glucose that sticks to the red blood cell.
- **Oral Glucose Tolerance Test:** Results of this test show how the body uses glucose over time. This test is performed by a health care professional after an overnight fast. A blood sample is taken, the patient drinks a high-glucose beverage, and then a blood sample may be taken every hour for up to three hours after drinking the beverage.

*Adapted from Academy of Nutrition and Dietetics and 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.*

**You may temporarily stop delivery of your meals for a single day or an extended period of time if you:**

- Have an excess amount of food.
- Have an appointment or will not be home for your delivery.
- Are admitted to the hospital.
- 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.**



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