

NUTRITION EDUCATION cont.

fish swim in schools, which symbolizes abundance and community.

- **Food Safety:** Preparing holiday meals provides a natural opportunity to practice essential skills like handwashing and safe food handling.

Traditional New Year's foods are often as nutritious as they are symbolic, providing high concentrations of fiber, lean protein, and essential vitamins that support long-term wellness.

Legumes and Grains

- **Black-Eyed Peas (Wealth/Health):** These are a major source of **plant-based protein** and fiber, which helps lower cholesterol and stabilize blood sugar. They are also rich in **folate** (88% of Daily Value per cup), iron, and potassium, which are critical for heart and blood health.
- **Lentils:** Like peas, lentils are low in fat and packed with fiber and protein, aiding in weight maintenance and digestive health.
- **Cornbread (Gold):** When made with whole-grain cornmeal, it provides B vitamins and fiber for sustained energy throughout the day.

Leafy Greens and Root Vegetables

- **Greens (Money):** Collards, kale, and cabbage are exceptionally nutrient-dense. They provide high amounts of **Vitamins A, C, and K**, which support immune function, bone health, and blood clotting.
- **Root Vegetables (Stability):** Root crops like beets, carrots, and potatoes are valued in Ayurvedic traditions for providing "grounding" energy.

Proteins and Fruits

- **Fish (Abundance):** High in **Omega-3 fatty acids**, fish supports brain function and cardiovascular health. It is an excellent source of lean protein and Vitamin D, which is often deficient in winter months.
- **Grapes and Pomegranates (Luck/Fertility):** These fruits are packed with polyphenols and antioxidants that protect cells from damage and may reduce inflammation.
- **Soba Noodles (Longevity):** Traditional Japanese buckwheat noodles are more easily digestible than wheat noodles and provide a healthier, high-fiber alternative to processed pasta.

Thank you to our menu sponsor!

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NUTRITION EDUCATION

New Year's food education explores the rich history, symbolism, and nutritional lessons behind traditional holiday dishes. Across the globe, meals are crafted to represent hopes for prosperity, longevity, and progress in the coming year.

New Year's Food Symbolism and Global Traditions

Many New Year's foods are selected based on their physical appearance or behavior, which is thought to mirror desired outcomes for the next 12 months:

- **Pork (Progress):** Unlike chickens or turkeys that "scratch backward," pigs root forward with their snouts, symbolizing forward motion and progress.
- **Black-Eyed Peas & Lentils (Wealth):** These legumes resemble coins. When cooked, they swell in size, representing expanding financial rewards.
- **Long Noodles (Longevity):** In many Asian cultures, long noodles (like soba or udon) symbolize a long life; they are often eaten without being broken or cut.
- **Leafy Greens (Money):** The green color of collards, kale, and cabbage represents paper money and economic fortune.
- **12 Grapes (Luck):** A Spanish and Latin American tradition involves eating 12 grapes at midnight—one for each chime of the clock—to secure luck for every month of the year.
- **Fish (Abundance):** Shiny fish scales are reminiscent of coins, and

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ♦Pork Chop w/ Country Gravy ♦Mashed Potatoes ♦Succotash ♥♦Apple	3 Silver Key Tri - Lakes Location Closed	4 Beef Goulash ♦Green Bean Almondine ♥♦Apple	5 ♦Chicken & Dumplings ♥♦Broccoli, High Fiber Cookie ♥♦Strawberry Applesauce Cup	6 Silver Key Tri - Lakes Location Closed
9 ♦Breaded Chicken w/ Country Gravy ♦Mashed Potatoes ♦Succotash ♥♦Apple	10 Silver Key Tri - Lakes Location Closed	11 ♦Sweet & Sour Chicken ♥Brown Rice ♥♦Stir Fry Vegetables, High Fiber Cookie ♥♦Pear Cup	12 ♦Creamy Mushroom Soup ♥Sweet Potatoes w/ Figs & Nuts ♦Succotash ♥♦Applesauce Cup	13 Silver Key Tri - Lakes Location Closed
16 ♦Southwestern Chicken ♦Spanish Rice ♦Pinto Beans ♥♦Pineapple Cup	17 Silver Key Tri - Lakes Location Closed	18 Chicken Chimichanga ♥♦w/ Enchilada Sauce ♥♦Southwest Black Beans ♦Spanish Rice ♥♦Mango Cup	19 ♦Beef Barley Soup ♦Red Roasted Potatoes ♦Wheat Roll ♦Butter ♥♦Orange	20 Silver Key Tri - Lakes Location Closed
23 ♦Chicken Parmesan ♥♦Whole Wheat Pasta ♥♦Capri Vegetables ♥♦Pear Cup	24 Silver Key Tri - Lakes Location Closed	25 ♦Beef Lasagna Roll ♥♦Broccoli ♥♦Pear Cup	26 ♦Chicken Cordon Bleu ♥Sweet Potatoes w/ Figs & Nuts ♥♦Peas & Carrots ♥♦Orange	27 Silver Key Tri - Lakes Location Closed
♥ Heart Health ♦ Diabetic Choice Milk included with every meal				

Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!

Menu items	KCal	Pro (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	CA (Calciu m) (mg)	Na (Sodium) (mg)	Vit C (mg)	Vit B12 (mcg)	Vit B6 (mg)
Baked Chicken w/Gravy Mashed Potatoes Carrots Oatmeal Raisin Cookie Orange Milk	827	34	62	30	8	405	653	28	1.5	1.06
Baked Zi w/ Italian Sausage Bahama Blend Vegetables Apple Milk	637	30	64	30	8	580	1220	25	1.9	0.74
BBQ Chicken Sweet Potatoes Peas & Carrots Orange Milk	1180	76	67	72	9	418	805	50	1.6	0.61
Beef Barley Soup Red Roasted Potatoes Wheat Roll w/Butter Orange Milk	466	21	54	20	6	367	1091	36	2	0.58
Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	851	34	45	39	8	418	612	79	2.2	0.71
Beef Burrito w/ Enchilada Sauce Spanish Rice Southwest Black Beans Mango Cup Milk	794	39	96	28	9	457	1128	36	3.2	0.57
Beef Goulash Green Bean Almondine Apple Milk	646	36	75	23	8	367	510	15	3.3	0.68
Beef Lasagna Roll Broccoli Pear Milk	604	32	71	23	12	524	1089	59	3.3	0.92
Beef Pot Pie w/ Biscuit Lima Beans Blueberry Cobbler Milk	825	41	96	34	10	364	1164	16	3.3	0.66
Beef Stroganoff Whole Wheat Pasta Brussels Sprouts w/ Parmesan Apple Milk	627	45	74	19	13	419	414	58	3.4	0.93
Beef Tips & Gravy Mashed Potatoes Brussels Sprouts Apple Milk	779	36	61	26	11	388	684	61	3.1	0.88
Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	963	36	80	35	12	387	1333	19	1.4	0.22
Breaded Pollock Macaroni & Cheese Brussels Sprouts w/ Parmesan Apple Milk	697	35	85	26	12	581	731	58	1.7	0.59
Cheese Ravioli Succotash Wheat Roll w/Butter Mango Cup Milk	786	36	90	31	10	780	1548	39	1.6	0.16
Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce Cup Milk	795	40	100	26	11	464	1399	55	1.8	0.67
Chicken & Dumplings Broccoli Strawberry Applesauce Cup High Fiber Cookie Milk	795	40	100	26	11	464	1399	55	1.8	0.67
Chicken A La King Jasmine Rice Fresh Green Beans Apple Milk	618	32	70	24	7	408	575	32	1.5	0.4
Chicken Alfredo Whole Wheat Pasta Green Peas Tropical Fruit Cup Milk	613	39	75	17	10	389	760	44	1.6	0.67
Chicken Cacciatore w/Parm Whole Wheat Pasta Fresh Green Beans Pear Cup Milk	749	49	76	29	13	449	660	30	1.6	1
Chicken Chimichanga w/ Enchilada Sauce Southwest Black Beans Spanish Rice Mango Cup Milk	713	26	110	16	9	362	1169	36	1.2	0.29
Chicken Cordon Bleu Sweet Potatoes w/ Figs & Nuts Peas & Carrots Orange Milk	682	41	74	27	8	607	685	38	2.1	0.57
Chicken Marsala Red Roasted Potatoes Brussels Sprouts Apple Milk	615	45	60	22	10	381	557	69	1.7	1.39
Chicken Parmesan Whole Wheat Pasta Capri Vegetable Blend Pear Cup Milk	883	58	104	25	13	603	1017	10	1.9	0.91
Chicken Piccata Whole Wheat Pasta Winter Mix Vegetables w/ Parmesan Orange Milk	526	37	58	16	9	399	490	148	1.4	0.9
Chicken Pot Pie w/ Biscuit Lima Beans Pear Cup Milk	675	37	89	23	11	348	1,088	39	1.523	0.622
Chicken Teriyaki Brown Rice Succotash Orange Milk	559	44	61	14	9	366	649	40	1.5	0.86
Chili w/Beans & Cheese Baked Potato Sour Cream Peaches & Creme Cup Milk	675	35	82	24	11	424	515	50	3.2	1.19
Creamy Mushroom Soup Sweet Potatoes w/ Figs & Nuts Succotash Applesauce Cup Milk	678	23	82	29	10	451	384	14	1.4	0.3
Lemon Pepper Chicken Wild & Brown Rice Lima Beans Mandarin Orange Cup Milk	641	51	71	16	7	396	670	34	1.6	0.9
Meatballs w/ Marinara Whole Wheat Pasta Succotash Applesauce Cup Milk	770	34	82	35	14	390	964	12	1.2	0.25
Pesto Chicken Breast Brussels Sprouts Wild & Brown Rice Pear Cup Milk	627	54	61	19	7	503	644	80	1.7	1.165
Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple Milk	915	42	65	35	12	395	876	19	1.9	0.52
Pork Pot Roast w/ Celery & Onion Red Roasted Potatoes Carrots Orange Milk	429	31	42	16	6	359	615	37	1.7	1.09
Shepherd's Pie Winter Mix Vegetables Wheat Roll w/Butter Peach Cup Milk	756	40	68	35	9	461	660	162	3.6	0.53
Slow Roasted Beef w/Gravy Mashed Potatoes Fresh Green Beans Wheat Roll w/Butter Pear Cup Milk	959	39	71	39	10	436	1122	41	2.6	0.64
Southwestern Chicken Spanish Rice Pineapple Cup Pinto Beans Milk	706	54	87	15	10	475	889	62	1.7	1.06
Spaghe & Meat Sauce Monterrey Blend Vegetables Wheat Roll w/Butter Appte Milk	736	38	81	29	10	402	735	8	3.5	0.69
Stuffed Pepper Casserole Red Roasted Potatoes Peas & Carrots Pear Cup Milk	619	34	77	21	10	510	637	88	2.11	1.018
Swedish Meatballs Whole Wheat Pasta Brussels Sprouts Applesauce Cup Milk	920	46	88	43	12	497	631	55	3.5	0.99
Sweet & Sour Beef Brown Rice Asian Vegetables Peaches & Creme Cup Milk	724	43	77	26	5	370	719	124	3.2	1
Sweet & Sour Chicken Brown Rice Sr Fry Vegetables High Fiber Cookie Pear Cup Milk	926	42	135	25	17	415	990	122	1.5	0.86
Teriyaki Meatball Beef & Pork Brown Rice Succotash Orange Milk	703	32	69	33	11	426	1194	36	2.2	0.53