



June ADRC Connection

Special Days in June

- 1st Children's Day
- 2nd National Go Barefoot Day
- 2 National Repeat Day
- 2 National Repeat Day
- 5th World Environment Day
- 6th Yo-Yo Day
- 10th Iced Tea Day
- 17th National Hollerin' Contest
- 18th National Splurge Day
- 18th International Picnic Day
- 19th World Sauntering Day
- 21st Finally Summer
- 26th Forgiveness Day



World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th in an effort to unite communities around the world in raising awareness about elder abuse. WEAAD serves as a call-to-action for our communities to raise awareness about abuse, neglect, and exploitation of elders, and reaffirm our country's commitment to the principle of justice for all.

When we come together, we can prevent elder abuse from happening. We can put support services in place, and direct community resources toward addressing elder abuse. Our country must reaffirm our commitment to justice and create a sturdy structure of support that will benefit us all as we get older.

Elder abuse is widespread. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to report it. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

In addition to being a clear violation of the American commitment to justice for all, elder abuse is an issue with many consequences for our society. Its effects on our communities range from public health to economic issues.



Know us Before You Need Us

Senior Dining



Fellowship, Food Fun

Now open for
inside dining.
Activity at 11
with lunch to
follow

Adell Area Community Center

510 Siefert, Adell WI 53001

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Manager: Susan Wenzel

Sheboygan—Bethany Church

1315 Washington Avenue

Sheboygan, WI 53081

Phone: 920-207-2522

Open: Monday thru Friday

Manager: Darcy Vollrath

Howards Grove-Village Hall

Howards Grove, WI

Phone: 920-467-9042

Open: Tuesdays and Thursdays

Manager: Allison Brunette

Serving from 11—1pm:

(No activities)

Senior Dining Restaurant Model

Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open; Mondays, Wednesdays, and
Fridays

Manager: Susan Wenzel

In an effort to determine the transportation needs of rural Sheboygan County residents, we have developed a short survey to gauge interest for on-demand bus transportation to access ADRC nutrition programs and other services at the Adell Area Community Center or Generations Inter-generational Center in Plymouth.

Access the survey at <https://www.surveymonkey.com/r/NZCZQSJ>

If you want to complete the survey by phone or request a paper copy please call Traci Robinson at 920-467-4139.

1. **Do you ever go to the Adell Area Community Center 510 Siefert Street, Adell**
 - No, I've never been there
 - I've been there a few times
 - I go to the AACC regularly
2. **If you do not visit the AACC, what are the reasons that you don't visit the center?**
 - I do not have transportation
 - I do not know where it is
 - I do not know much about it
 - I do not know anyone who goes there
 - I do not think anything there would interest me
 - I am too busy
 - Other reasons
3. **For those who do not visit the AACC due to not having transportation, would you attend if on-demand bus transportation services were available?**
 - Yes
 - No
4. **Please choose your age group**
 - 18 to 24
 - 25 to 44
 - 45 to 59
 - 60 and older
5. **Do you have a disability?**
 - Yes (go to next question)
 - No
6. **What type of disability do you have? (Please select all that apply.)**
Choose all that apply
 - A mobility disability (difficulty walking)
 - Blindness/limited vision
 - Deafness or hard of hearing
 - A long-term medical illness (e.g., COPD, seizure disorder, etc.)
 - Difficulty with self-care
 - Memory or cognitive difficulty
 - Something Else
7. **Do you have suggestions for new activities or programs that you would like to see at the AACC?**

Contact Us At:

Sheboygan County Aging and Disability Resource Center

650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-4100
Email: adrc@sheboygancounty.com





Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

Sessions will be held on June 2nd, 16th and 30th from 2-4 pm at the Sheboygan County Aging and Disability Resource Center 650 Forest Avenue, Sheboygan Falls

For questions or to register contact Allison Brunette at 920-467-4100



Walk With Ease?

You can do it — we can help.

Why Walk With Ease?

Looking for relief from arthritis pain? Want to be more active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Space is limited. Sign up today!

Kiwanis Park

June 1st – July 8th

Mondays, Wednesdays, and Fridays 8-9 am

Register by calling the ADRC at 920-467-4100

\$10 donation appreciated.



Arthritis Foundation **Certified.**

Doctor **Recommended.**



Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap

I was addicted to the hokey pokey... but thankfully, I turned myself around

A cop just knocked on my door and told me that my dogs were chasing people on bikes. My dogs don't

even own bikes...

I ordered 2000 lbs. of Chinese soup. It was Won Ton

I've decided to sell my vacuum cleaner.. well, it was just collecting dust

R.I.P boiled water. You will be mist



June is Dairy Month

The average cow produces enough milk each day to fill six one-gallon jugs, about 55 pounds of milk.

The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat.

The average cow drinks from 30-50 gallons of water each day – about a bathtub's worth.

It takes more cows to produce milk annually for Pizza Hut cheese than there are people living in Green Bay,

Cheddar cheese is the most popular natural cheese in the U.S.

It takes 12 pounds of whole milk to make one gallon of ice cream.

Vanilla is America's favorite ice cream flavor.

Howards Grove diners had a good time making bug houses. With so many manicured lawns and gardens, beneficial bugs sometimes need a hand finding a good home. The entire staff at the ADRC contributed boxes and the John Michel Kohler Arts Center supplied the dogwood.

Our congregate meal sites have a wide variety of activities

L-R Jerry shows off Joyce's creation, Allison's sample box, John and Jan collaborated on their box and both agreed they could tie a ribbon on it and give it as a gift: it's that pretty.





June is LGBTQ Pride Month

By the GWAAR Legal Services Team for Mary Kempf Elder Benefit Specialist 920-467-4076

The month of June was chosen to commemorate the Stonewall riots of 1969. The term “pride” is used to promote the self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, and transgender people as opposed to the shame, isolation, and social stigma felt by many LGBTQ persons.

What does LGBTQ mean?

Lesbian - A woman whose enduring physical, romantic, and/or emotional attraction is to other women. Some lesbians may prefer to identify as gay or as gay women.

Gay - The adjective used to describe people whose enduring physical, romantic, and/or emotional attractions are to people of the same sex. Sometimes lesbian is the preferred term for women.

Bisexual - A person who has the capacity to form enduring physical, romantic, and/or emotional attractions to those of the same gender or to those of another gender. People may experience this attraction in differing ways and degrees over their lifetime. Bisexual people need not have had specific experiences to be bisexual; in fact, they need not have had any experience at all to identify as bisexual.

Transgender - An umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth. They may describe themselves using one or more of a wide variety of terms— including transgender. Many transgender people are prescribed hormones by their doctors to bring their bodies into alignment with their gender identity. Some undergo surgery as well. But not all transgender people can or will take those steps, and a transgender identity is not dependent upon physical appearance or medical procedures.

Queer - An adjective used by some people whose sexual orientation is not exclusively heterosexual. Typically, for those who identify as queer, the terms lesbian, gay, and bisexual are perceived to be too limiting and/or fraught with cultural connotations they feel don’t apply to them. Some people may use queer, or genderqueer, to describe their gender identity and/or gender expression. However, it is not a universally accepted term even within the LGBTQ community, so it is best to only use this term if you are sure your audience embraces it.

Additional terminology used by the LGBTQ community:

Non-binary is an identity embraced by some who do not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside of these categories. Non-binary can also be used as an umbrella term encompassing identities such as transgender, agender, bigender, genderqueer, or gender fluid. Some people who are non-binary may use gender-neutral pronouns such as they/them.

Asexual - Often called “ace” for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little, or conditional sexual attraction.

Cisgender - A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth. It is insensitive to use the term “normal” for someone who is cisgender. This implies that people who are not cisgender are “abnormal.”

In short, sexuality, gender identity, and gender expression each fall on a spectrum and that is why there are so many different identities that people may have. LGBTQ pride is about embracing those identities and allowing people to be themselves and live their lives authentically.



NUTRITION FOR ARTHRITIS



No diet can cure arthritis, but certain eating patterns and lifestyle choices can relieve some symptoms of arthritis and reduce inflammation. Following a Mediterranean-style diet is ideal for low inflammation and overall healthy living.

FRUITS AND VEGETABLES

- Focus on fruits and vegetables at every meal and snack (aim for 8-9 servings daily or 2-3 servings each meal)
- Eat a variety of colors and textures to ensure proper vitamins, minerals, antioxidants, fiber, and other anti-inflammatory agents



WHOLE GRAINS

- Whole grains are high in fiber and low in processed sugars
- Replace white breads, tortillas, and buns with whole grain options, as well as incorporating brown rice, oats, oatmeal, and quinoa

BEANS & LEGUMES

- Beans and legumes are high in fiber, antioxidants, and have strong anti-inflammatory and overall health benefits when regularly incorporated into a diet
- Beans & Legumes are an excellent and affordable source of protein
- Aim for 1 cup, twice or more per week

NUTS & SEEDS

- Nuts and seeds are high in healthy fats, especially Omega-3s, which are helpful for reducing inflammation

HEALTHY FATS

- Choose more unsaturated fats such as extra virgin olive oil, grapeseed oil, walnut oil, canola oil, and avocado oil to aid in relieving inflammation
- Limit to 2-3 TBSP per day

PROTEIN

- Choose lean protein sources like chicken, turkey, lean ground beef, and fish to avoid too much saturated fat that can increase inflammation
- Choose fatty cold-water fish such as salmon, tuna, sardines, mackerel, and trout for healthy fats and lean protein (at least 3-4oz twice a week)

MODERATION

- All foods fit in a healthy diet, but some foods should be eaten in moderation
- Eat in moderation foods high in saturated fat such as full-fat dairy products and red meats
- Foods high in sodium and sugar should be eaten in moderation
- Alcohol should be consumed in moderation (maximum 2 drinks/day)



GREATER WISCONSIN AGENCY ON AGING RESOURCES, INC.

WWW.GWAAR.ORG

CREATED BY LYDIA SCHOOF, DIETETIC INTERN 2019



Q : I am 49 years old and my doctor told me I am no longer able to work due to a long-term medical condition that has affected all aspects of my life. Who can I talk to at the ADRC to learn what programs I may be eligible for?

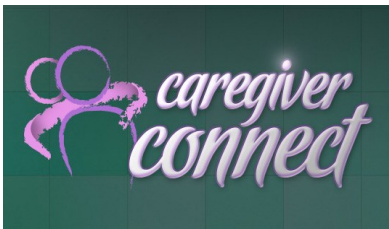
A : Disability Benefit Specialist Services at the ADRC. The Disability Benefit Specialist provides services to people with disabilities ages 18 to 59. Disability benefit specialists provide information and assistance with public and private benefit programs including application and appeal procedures. There is no charge for disability benefit specialist services.

How can a Disability Benefit Specialist Help You?

- Provide accurate information on public and private benefits and programs
- Help determine which benefits and programs you may be entitled to
- Help you to fill out applications for benefits, programs and services
- Talk with you about your choices and programs or services that might best meet your needs
- Provide assistance in obtaining or retaining benefits and services
- Provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits.

In some cases, you may receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public and private benefits.

If you would like to learn more about benefit specialist services, please call the ADRC at 920-467-4100 or email the ADRC at adrc@sheboygancounty.com



Community Education & Social Event

Join in with other family caregivers to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving.

Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4100 for more information or to **make a reservation**.

Thursday, June 16, 2022 @ 1 pm

ONLINE / Virtual ONLY ~ Register to receive the Link

JUMP START YOUR ENERGY!

Thinking about our Wisconsin winter... we may not need our jumper cables now as the weather is warming up, but we still need to jump start our energy in our personal life! How does that translate to our own health and well-being? This fun workshop will provide information on how to eat for energy, get fresh air, improve sleep, control stress, use nature's energy and keep focused on your goals.

As an added bonus, discover how **Friluftsliv** ~ Norwegian Way to Boost Happiness ~ can be incorporated into your life!

Presenters: Karen Dickrell and Jane Jensen, Life Span Educators, UW-Madison Division of Extension in Outagamie and Sheboygan Counties

THE POWER TO PREVENT ELDER ABUSE



IS IN
YOUR
HANDS



No one has the right to hit you, to treat you like a child, or to humiliate you.

No one has the right to take your money or your property.

You have rights and deserve to be treated with respect.

What is Abuse?

Physical Abuse:

Pushing, striking, slapping, kicking, pinching, restraining, shaking, beating, burning, hitting, shoving or other acts that can cause harm to an elder.

Emotional or Psychological Abuse:

Verbal berating, harassment, intimidation, threats of punishment or deprivation, criticism, demeaning comments, coercive behavior or isolation from loved ones.

Self-neglect:

When individuals fail to provide themselves with whatever is necessary to prevent physical or emotional harm or pain.

Financial or Material Exploitation:

Improper use of an elder's funds, property, or assets; cashing checks without permission; forging signatures; forcing or deceiving an older person into signing a document; using an ATM/debit card without permission.

Sexual Abuse:

Non-consensual sexual contact of any kind including assault or battery, rape, sodomy, coerced nudity or sexually explicit photography.

Physical signs may include:

- cuts, scratches, or puncture wounds
- burns, bruises, welts
- dehydration or malnutrition
- poor coloration, sunken eyes or cheeks
- soiled clothing or bedding
- lack of necessities such as food, water, or utilities

Behavioral signs may include:

- fear or anxiety, agitation, anger
- isolation, withdrawal, depression
- resignation or ambivalence
- contradictory statements, implausible stories. Or hesitation to talk openly
- confusion or disorientation



5 Ways to Promote Brain Health During Alzheimer's & Brain Awareness Month

During Alzheimer's & Brain Awareness Month in June, the Alzheimer's Association is encouraging all Americans to adopt healthy lifestyle behaviors that can help reduce the risk of cognitive decline.

There are currently more than 6 million Americans age 65 and older living with Alzheimer's, including more than 120,000 Wisconsin residents.

Age is the greatest risk factor for Alzheimer's disease. In fact, 1 in 3 seniors age 85 and older will have Alzheimer's disease. While some brain changes are inevitable as we age, there is a growing body of research to suggest that adopting healthy lifestyle behaviors, including healthy eating, exercising regularly, not smoking and staying cognitively engaged may help us age healthier and help reduce the risk of cognitive decline.

Here are five tips to promote better brain health and help reduce the risk of cognitive decline:

- 1.) **Exercise regularly** — Regular cardiovascular exercise helps increase blood flow to the body and brain, and there is strong evidence that regular physical activity is linked to better memory and thinking.
- 2.) **Maintain a heart-healthy diet** — Stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet. Some evidence suggests a healthful diet is linked to cognitive performance. The Mediterranean and DASH diets, which emphasize whole grains, green leafy vegetables, fish and berries, are linked to better cognitive functioning, and help reduce risk of heart disease as well.
- 3.) **Get proper sleep** — Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain. Adults should get at least seven hours of sleep each night and try to keep a routine bedtime.
- 4.) **Stay socially and mentally active** — Meaningful social engagement may support cognitive health, so stay connected with friends and family. Engage your mind by doing activities that stump you, like completing a jigsaw puzzle or playing strategy games. Or challenge yourself further by learning a new language or musical instrument.
- 5.) **Keep your heart healthy** — Recent study shows strong evidence that a healthier heart is connected to a healthier brain. The study shows that aggressively treating high blood pressure in older adults can help reduce the development of mild cognitive impairment (MCI).

To learn more about ways to reduce your risk of cognitive decline by making lifestyle changes, go to www.alz.org

Are you Ready to Retire?
Join your local benefit specialist, Mary Kempf,
for one of the following
Free & Unbiased Medicare 101 Classes



Wednesday, June 11 Oostburg Public Library
Wednesday, July 20 Kohler Public Library

All Sessions run from 3 to 5 pm

Limited space available. Reservation required. Masks are encouraged.
Call 920-467-4076 to register

Learn about resources available to Sheboygan County residents age 60+.

- ✓Social Security Retirement Benefits
- ✓Enrollment in Medicare
- ✓Medicare Basics
- ✓Your Coverage Choices
- ✓SeniorCare
- ✓Help for People with Limited Income
- ✓Words of Caution



MY WAY CAFE

Dine in only – Available Mondays, Wednesdays, and Fridays
 at Generations in Plymouth
 920-892-4821 Ext. 303

Wraps and Sandwiches

- ❖ **Chicken Bacon Ranch:** lettuce, cheddar cheese, and ranch spread served on a semmel roll or a whole wheat wrap
 - ❖ **Southwest Turkey:** lettuce, tomato, southwest mayo, and cheddar cheese served on a semmel roll or a whole wheat wrap
- *choice of up to two sides--potato salad, coleslaw, steamed vegetables, or fruit*

From the Grill

- ❖ **Hamburger:** ketchup, mustard, pickles and onions
 - ❖ **Cheeseburger:** ketchup, mustard, pickles, onions
 - ❖ **Chicken strips:** BBQ or Ranch dipping sauce
- *choice of up to two sides--potato salad, coleslaw, steamed vegetables, or fruit*

Lighter side

- ❖ **Soup of the day and ½ sandwich**
 Ham, Turkey, Roast Beef, or Tuna (choice of cheddar or provolone cheese)
 Bread: Multigrain or White
- Condiments:** Mayonnaise, Italian Mayonnaise, Southwest Mayonnaise, Ranch Spread, Honey Mustard, 1000 Island, Italian, Horseradish Sauce
- *choice of one side--potato salad, coleslaw, steamed vegetables, or fruit*


Daily Special Available only while supply lasts **unless reserved in advance*

- ❖ See daily specials listed to the right

**Milk, water, and/or one cup of coffee included with any meal*

No meal substitutions – Other items may be purchased through Pic-A-Dei!

Please be aware that our food may contain or come into contact with common allergens such as dairy, wheat, peanuts and shellfish. Consuming raw or undercooked foods may increase your risk of foodborne illness.

Monday	Wednesday	Friday
<p>6 Chicken Caesar Salad Summer Fresh Pasta Fruit French Bread Dessert</p>	<p>1 Hot Beef Sandwich Mashed Potatoes Diced Beets Applesauce/ Pudding</p>	<p>3 Egg Salad Croissant Tossed Salad Tomatoes & Chick Peas Mandarin Orange Cookie</p>
<p>13 Swedish Meatballs Buttered Noodles Steamed Broccoli Fruit Dessert</p>	<p>8 Swiss Steak Mashed Potatoes Green & Wax Beans Fruit Dessert</p>	<p>10 Polish Dog Sauerkraut Potato Wedges Vegetable Fruit Dessert</p>
<p>20 Cheese Ravioli with Marinara Sauce Cut Green Beans Bread Stick Fruit Dessert</p>	<p>15 Bacon, Lettuce, Tomato, Cheese Sandwich Am Potato Salad Fruit Dessert</p>	<p>17 BBQ Chicken Cheesy Potatoes Country Blend Veggies Fruit Cocktail Wheat Bread Dessert</p>
<p>27 Lasagna Cauliflower Fruit Cookie</p>	<p>22 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Squash Cranberry Sauce Apple Crisp Bar</p>	<p>24 BBQ Pork /Bun Baked Beans Tator Tots Carrots and Ranch Dressing Choc Rice Crispy Bar</p>
<p>29 Chicken Alfredo Noodles Vegetable Fruit Dessert</p>		

ACTIVITIES

11 – lunch service

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>June</h1>		<p>1 Sheboygan Seven Eleven</p>	<p>2 Sheboygan Right-Left-Center Adell A Visit from your Librarian Howards Grove Wheel of Fortune</p>	<p>3 Sheboygan</p> 
<p>6 Sheboygan Jingo</p>	<p>7 Sheboygan Penny Toss Adell Word Games and Puzzles Howards Grove Card BINGO <i>Bring 10 dimes</i></p>	<p>8 Sheboygan Quarter Bingo</p>	<p>9 Sheboygan Timeline Adell The Price is Right Howards Grove</p>	<p>10 Sheboygan</p> 
<p>13 Sheboygan Dairy Dice</p>	<p>14 Sheboygan Five Card Adell Word Games and Puzzles Howards Grove Times to Remember</p>	<p>15 Sheboygan Price is Right</p>	<p>16 Sheboygan Sunshine Bingo Adell Card Bingo Howards Grove Fact or Crap</p>	<p>17 Sheboygan</p> 
<p>20 Sheboygan Golf Dice</p>	<p>21 Sheboygan June Sprint Race Game Adell Word Games and Puzzles Howards Grove Harvest Homes</p>	<p>22 Sheboygan Trivia Bingo</p>	<p>23 Sheboygan 51 Adell Fruit and Vegetable Bingo Howards Grove Card BINGO <i>Bring 10 dimes</i></p>	<p>Sheboygan</p> 
<p>27 Sheboygan Keno</p>	<p>28 Sheboygan Birthday Party-The Accordion Club Adell Word Games and Puzzles Howards Grove Glanders Pharmacy</p>	<p>29 Sheboygan Millionaire Game</p>	<p>30 Sheboygan Ice Cream Float Day Adell Fall Preven- tion Howards Grove Price is Right Sheboygan Service Club</p>	

Adell 920-994-9934 Tuesday and Thursday
Sheboygan 920-207-2522 Mon., Tues., Wed., Thurs., & Fri.
Howards Grove 920-467-9042 Tuesday and Thursday

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>June</i>		1 Hot Beef Sandwich Mashed Potatoes Diced Beets Applesauce/ Pudding	2 Pork Roast Mashed Potatoes Key West Vegetables Fruit Cocktail Bread/Confetti Cake	3 Egg Salad/ Croissant Tossed Salad with Tomatoes & Chick Peas Dressing Orange /Cookie
		6 Chicken Caesar Salad Summer Fresh Pasta Strawberries French Bread Dessert	7 Chicken Breast w/Gravy Baked Potato Peas and Carrots Apple/ Bread Dreamsicle- Orange Cake	8 Swiss Steak Mashed Potatoes Green & Wax Beans Bread / Brownie Fruit Salad
13 Swedish Meatballs Buttered Noodles Steamed Broccoli Stewed Tomatoes Applesauce Cookie	14 Baked Ham Scalloped Potatoes Creamed Corn Banana Mandarin Orange Fluff	15 Bacon, Lettuce, Tomato, Cheese Sandwich Cucumber Salad Grapes Pudding	16 Brat Sauerkraut German Potato Salad Baked Beans Peaches /Dessert	17 BBQ Chicken Cheesy Potatoes Country Blend Veggies Fruit Cocktail Wheat Bread Jell-O Poke Cake
20 Cheese Ravioli with Marinara Sauce Cut Green Beans Bread Stick Pears	21 Monterey Chicken Mashed Potatoes Vegetable Blend Pineapple Bread Cookie	22 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Squash Cranberry Sauce Apple Crisp Bar	23 Roast Pork Wild Rice Brussel Sprouts Pineapple Chunks Apple Pudding	24 BBQ Rib on a Bun Baked Beans Tator Tots Carrots and Ranch Dressing Choc Rice Crispy Bar
27 Lasagna Roll Up with Marinara Sauce Cauliflower Fruit Cocktail Cookie	28 Salisbury Steak Mashed Potatoes & Gravy Vegetable Blend Dinner Roll 3 Bean Salad Strawberry Fluff	29 Chicken Stir Fry (broccoli) Over a Bed of Rice Egg Roll Pistachio Fruit Salad	30 Cheeseburger Lettuce & Tomato American Potato Salad Baked Beans Coleslaw Cake	