

FOOD SERVICE NEWSLETTER



FEATURED ITEM

Whole Grain Cheese Calzone

Nutrition Facts

Serv. Size: 1 each 4.6 oz. (130g)

Servings per case: 42

Amount Per Serving

Calories 310 Fat Cal. 100

% DV*

Total Fat 11g 17%

Sat. Fat 5g 25%

TransFat 0g

Cholest. 25mg 8%

Sodium 560mg 23%

Total Carb. 39g 13%

Fiber 4g 16%

Sugars 3g

Protein 17g

Vitamin A 8% * Vitamin C 10%

Calcium 30% * Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Salt, Sugar and Fat—Foods to eat moderately in a healthy diet (Part 2.)

Added Sugar

Added sugars are sugars or syrups added to food during or after processing. This does not include sugar that occurs naturally in a food, such as fruit or unflavored dairy. Added sugar can come from table sugar, honey, syrups – in fact, there are over 60 different names for added sugar that can be used on a food label. The DGAs recommend no more than 10% of calories should come from added sugar, and new science says you should have even less (6%). Beverages are usually the highest source of added sugar in the diet. Too much sugar can increase the risk of heart disease, cavities, diabetes, some cancers and even early death. Foods commonly high in added sugar include desserts (such as cookies cakes and candies), sweetened drinks (like soda, sports drinks or energy drinks), granola or protein bars and flavored milk or yogurt.



Saturated and Trans Fats

Saturated fats and trans fats have been shown to increase the risk for heart disease and heart attacks. Saturated fats are usually found in animal products like whole milk, cheese, and butter – which is why many desserts are also high in saturated fats. They are also in fatty cuts of meat and fried foods. The DGAs recommend swapping foods high in saturated fats for foods that have **unsaturated** fats. Unsaturated fats are found mostly in plant foods like nuts (including peanut butter) and vegetable oils. These types of fats have been shown to protect against heart disease .



Contributed by the Washington State Department of Health and based on the United States Department of Agriculture's 2015-2020 Dietary Guidelines for Americans.

What's Going on With The Menu?

COVID-19 has impacted our world in many ways to include the food supply chain. Over the past several months there have been a lot of substitutions to the DOC menus for a variety of reasons, to include some foods were just not available. The closure of the food factory at Coyote Ridge put additional challenges to meet menu demands. Social distancing and health screenings compounded the challenges of how to provide meals. As a result, purchasing was done in an attempt to be ready for any feeding scenario, which resulted in multiple substitutions.

Now that things have settled some, a menu has been developed that will provide greater consistency.

A couple of noteworthy changes are:

Hawaiian Calzones have been added to the menu and will replace the Pizza Wraps.

Pollock Burger has been discontinued. While waiting for an approved substitute, an additional tuna serving will be the replacement.

What's on The Menu for Christmas (12/25/20)

Menu changes for the Christmas meal will affect mainline meal participants.

The meal will consist of:

→ Turkey or Roast Beef



→ Mashed Potatoes & Gravy

→ Bread Dressing



→ Sweet Potatoes

→ Salad & Dressing

→ Cranberry Sauce

→ Green Beans

→ Dinner Roll & Margarine



→ Seasonal Fruit

→ Holiday Pie



Food Fun



Food Word Search Puzzle

S	Q	N	W	O	T	A	T	O	P
P	B	R	E	A	K	F	A	S	T
A	U	E	G	T	H	J	A	C	N
G	R	N	P	M	I	L	T	E	C
H	R	I	I	E	S	D	K	A	H
E	I	F	L	A	A	C	S	S	E
T	T	F	I	L	I	Q	X	B	E
T	O	U	H	H	A	Y	P	L	S
I	R	M	C	A	L	Z	O	N	E
F	W	A	L	S	E	L	O	C	K

BREAKFAST

CHILI

OATMEAL

BURRITO

CHICKEN

POTATO

CALZONE

COLESLAW

SALSA

CHEESE

MUFFIN

SPAGHETTI

- Cherry, Plum, and Grape are all varieties of which fruit?
 - The first cold breakfast was invented in 1863—can you name it?
 - Mozzarella cheese is made from the milk of which animal?
 - Which is the only edible food that never goes bad?
 - What type of food is a peanut?
 - Apples, Pears, Plums, Peaches, and strawberries all belong to which family of flowering plants?
1. Tomato 2. Granola 3. Buffalo 4. Honey 5. It's a legume, not a nut 6. The Rose Family