





MAY BREAKFAST



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|  | Wednesday – 5/1 Grape Juice Whole Grain Pretzel Goldfish Egg Patty w/ Sliced Cheddar Cheese Wheat Sandwich Thin Fresh Seasonal Fruit | Thursday – 5/2 Honey Nut Scooters Cereal Cottage Cheese Tropical Fruit Whole Grain Donut Ring |
| Tuesday – 5/7 Apple Juice Cheerios Cereal Bagel w/ Cream Cheese Tropical Fruit | Wednesday – 5/8 Grape Juice Raisin Bran Cereal Turkey Ham Biscuit w/ Swiss Cheese Fresh Seasonal Fruit | Thursday – 5/9 Orange Juice Bran Flakes Cereal Whole Grain Double Chocolate Muffin Hard Boiled Egg Raisins |
| Tuesday – 5/14 Orange Juice Oatmeal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Seasonal Fruit | Wednesday – 5/15 Apple Juice Pancake Sausage on a Stick w/ Syrup Fruited Yogurt Mandarin Oranges | Thursday – 5/16 Cranberry Juice Bran Flakes Cereal String Cheese Whole Grain Double Chocolate Muffin Tropical Fruit |
| Tuesday – 5/21 Cranberry Juice Oatmeal Cottage Cheese Pineapple Tidbits Pumpkin Raisin Muffin | Wednesday – 5/22 Orange Juice Granola Cereal Turkey Sausage Biscuit Raisins | Thursday – 5/23 Bran Flakes Bran Banana Muffin Fruited Yogurt Whole Grain Goldfish Crackers Fresh Seasonal Fruit |
| Tuesday – 5/28 No Breakfast Delivery  | Wednesday – 5/29 Grape Juice Raisin Bran Cereal Turkey Ham Biscuit w/ Swiss Cheese Fresh Seasonal Fruit | Thursday – 5/30 Orange Juice Bran Flakes Cereal Whole Grain Double Chocolate Muffin Hard Boiled Egg Raisins |



CONNECT, CREATE, CONTRIBUTE

Every May, The Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, which encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.

<https://acl.gov/news-and-events/announcements/older-americans-month-2019-theme>



VETERANS: The U.S. Department of Veterans Affairs offers a range of services, including benefit support, health programs, and crisis services. Visit VA.gov or call MyVA311 at 1-844-698-2311.

BRING GENERATIONS TOGETHER: Generations United works with organizations, partners, and stakeholders to support intergenerational collaboration through public policies and programs. Visit gu.org.



EXPLORE THE ARTS: The National Center for Creative Aging provides resources that help older adults amplify their creative potential through a diverse network of organizations and individuals that advance the creative aging field. Visit creativeaging.org.

KEEP FIT: Go4Life is a campaign designed to help older adults incorporate physical activity into daily life. It offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. Visit go4life.nia.nih.gov.



VOLUNTEER: Create the Good helps older adults find volunteer opportunities that match their particular talents and interests. Visit createthegood.org.

FIGHT HUNGER: Feeding America can put you in touch with the local food banks and meal programs in your area, so you can join in the fight against hunger. Visit feedingamerica.org.

| May | Calories Weekly Average | Carbohydrates Weekly Average | Sodium Weekly Average |
|----------------|-------------------------|------------------------------|-----------------------|
| Week 1 | 739 | 94.5 | 763 |
| Week 2 | 743 | 92.1 | 1000 |
| Week 3 | 649 | 87.1 | 887 |
| Week 4 | 752 | 94.1 | 846 |
| Daily Standard | | 100 grams | 800-1000 mg |
| Targeted Daily | 650-750 | | |

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