



SUNDAY 10/15	MONDAY 10/16	TUESDAY 10/17	WEDNESDAY 10/18	THURSDAY 10/19	FRIDAY 10/20	SATURDAY 10/21
<p>CONTINENTAL BREAKFAST 7 - 9 a.m.</p> <p>Chilled Juices - Fresh Fruit Smoothie of the Day Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Assorted Breakfast Pastries</p> <p>BRUNCH 9 a.m.</p> <p>Omelets/Fried Eggs to order Eggs Benedict to order Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast to order Pancakes - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p>CONTINUED 11 a.m.</p> <p>Soup du Jour Fresh Fruit Bar Tossed Salad - Dressings Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt</p> <p>***All menus subject to change***</p> <p><u>Underlined items indicate "Vegetarian"</u> <u>"(v)" items indicate "Vegan"</u></p> <p>SUPPER 5:30 - 6:30 p.m.</p>	<p>SCHOOL</p> <p>CONTINENTAL BREAKFAST 7 - 9 A.M.</p> <p>BRUNCH 9 A.M. - 1 P.M.</p> <p>SUPPER 5:30 - 6:30 p.m.</p>	<p>HOLIDAY</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry BIBIMBAP BOWL</p> <p>Kalbi Beef Chicken Bulgogi <u>Fried Egg</u> <u>Spicy Tofu</u> Steamed Rice Assorted Namul Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Salad Novelties - Frozen Yogurt Chocolate Cake</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Omelets to order Scrambled Eggs Bagel Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Blueberry Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Hot Dog Bar Deli Bar Hot Buttered Popcorn <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Chicken Barley Soup <u>Pasta and Black Bean Soup</u> (v) Roasted Turkey, Avocado, Bacon & Tomato on Artisan French Bread Shrimp and Broccoli Stir-Fry <i>with Noodles</i> <u>Thai Veggies</u> <i>with Edamame</i> (v) Potato Chips - Pickles Fresh Summer Squash - Plum Tomatoes Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry HAWAIIAN PLATE LUNCH</p> <p>Kahuku Shrimp - Garlic Shrimp Char Siu Pork - Shoyu Chicken Scrambled Eggs with Sausage <u>Tofu Adobo</u> (v) Sticky Rice - Brown Rice Stir-Fry Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties -Frozen Yogurt Gifford's Ice Cream Bar</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Pasta & Sauces Assorted Hot/Cold Cereal Beef Noodle Soup <u>Tomato Soup</u> (v) Chicken Caesar Salad Bar Open Faced Steak Sandwich - Gravy <u>Aloo Matar</u> Roasted Red Potatoes Steamed Fresh Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Pecan Pie</p> <p>SEATED MEAL 6 p.m.</p> <p>MENU Cheese and Crackers Cold Mango Soup <i>with Honey, Milk & Orange Juice</i> Breast of Chicken <i>with Roasted Garlic Jus</i> Eggplant Involtini Yukon Gold Potatoes <i>with Fresh Thyme and Tomatoes</i> Fresh Whole Green Beans Dinner Rolls - Butter Ice Water - Milk Tiramisu Fresh Fruit Bowl</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Omelets to order Scrambled Eggs Bagel Breakfast Breakfast Potatoes Whole Wheat Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Pasta & Sauces Assorted Hot/Cold Cereal Seafood Chowder <u>Minestrone Soup</u> Homemade Chicken Fingers - Assorted Sauces</p> <p>Fresh, Sustainable, Local, Seafood Catch of the Day</p> <p><u>Pad Thai</u> (v) Sweet Potato Fries Roasted Medley of Fresh Fall Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>FOOD COMMITTEE FRIDAY 5:30 - 7 p.m. Ethan Ruttenberg <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal MYO Stir-Fry</p> <p>Rueben Bar Corned Beef, Cole Slaw, Russian Dressing, Swiss Cheese, Saurkraut, Rye Breads Garlic Ginger Glazed Sticky Pork BBQ Tofu Macaroni & Cheese Potato Pancakes Chinese String Beans Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Ice Cream Sundae Bar</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Omelets to order Scrambled Eggs Croissant Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Grilled Bacon Grilled Sausage Whole Wheat French Toast - Warm Syrup Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Hot Dog Bar Deli Bar Assorted Pasta & Sauces Assorted Hot/Cold Cereal Soup du Jour Grilled Pelican Sandwich Bar <i>Turkey Breast, Swiss, Prosciutto, Dill Pickles and Dijon Mustard on Potato Bread</i> Chicken Stir-Fry <u>Mediterranean Zucchini</u> (v) Bulgar Pilaf Fresh Steamed Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Cookies</p> <p>DINNER 5:30 - 7 p.m.</p> <p>New England Baked Beans & Franks <i>with Brown Bread</i> Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian and Brown Rice MYO Stir-Fry Roast Prime Ribs of Beef - au jus <u>Flatbread Pizza</u> <i>with Fig, Caramelized Onions & Arugula</i> Baked Potatoes - Sour Cream, Butter Pierogies Fresh Brussels Sprouts Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p>

Continued from the front

A 1-ounce (28-gram) serving of chia seeds contains:

- Calories: 137
- Fiber: 10.6 grams
- Protein: 4.4 grams
- Monounsaturated fat: 0.6 grams
- Omega-3 fats: 4.9 grams
- Omega-6 fats: 1.6 grams
- Thiamine (vitamin B1): 15% of the RDI
- Magnesium: 30% of the RDI
- Manganese: 30% of the RDI

Like flaxseeds, chia seeds also contain a number of important antioxidant polyphenols.

Interestingly, a number of studies have shown that eating chia seeds can increase ALA in the blood. ALA is an important omega-3 fatty acid that can help reduce inflammation.

Your body can convert ALA into other omega-3 fats, such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are the omega-3 fats found in oily fish. However, this conversion process in the body is usually quite inefficient.

One study has shown that chia seeds may be able to increase levels of EPA in the blood.

Chia seeds may also help reduce blood sugar. A couple of studies have shown that whole and ground chia seeds are equally effective for reducing blood sugar immediately after a meal.

Another study found that, as well as reducing blood sugar, chia seeds may reduce appetite.

Chia seeds may also reduce risk factors of heart disease.

A study of 20 people with type 2 diabetes found that eating 37 grams of chia seeds per day for 12 weeks reduced blood pressure and levels of several inflammatory chemicals, including C-reactive protein (CRP).

SUMMARY:

Chia seeds are a good source of omega-3 fats and are effective at lowering blood sugar and reducing risk factors for heart disease.

3. Hemp Seeds

Hemp seeds are an excellent source of vegetarian protein. In fact, they contain more than 30% protein, as well as many other essential nutrients.

Hemp seeds are one of the few plants that are complete protein sources, meaning they contain all the essential amino acids that your body can't make.

Studies have also shown that the protein quality of hemp seeds is better than most other plant protein sources.

A 1-ounce (28-gram) serving of hemp seeds contains:

- Calories: 155
- Fiber: 1.1 grams
- Protein: 8.8 grams
- Monounsaturated fat: 0.6 grams
- Polyunsaturated fat: 10.7 grams
- Magnesium: 45% of the RDI
- Thiamine (vitamin B1): 31% of the RDI
- Zinc: 21% of the RDI

The proportion of omega-6 to omega-3 fats in hemp seed oil is roughly 3:1, which is considered a good ratio. Hemp seeds also contain gamma-linolenic acid, an important anti-inflammatory fatty acid.

For this reason, many people take hemp seed oil supplements.

Hemp seed oil may have a beneficial effect on heart health by increasing the amount of omega-3 fatty acids in the blood.

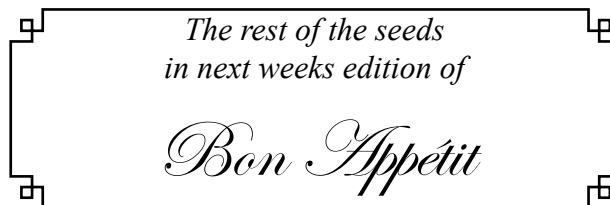
The anti-inflammatory action of the omega-3 fatty acids may also help improve symptoms of eczema.

One study found that people with eczema experienced less skin dryness and itchiness after taking hemp seed oil supplements for 20 weeks. They also used skin medication less, on average.

SUMMARY:

Hemp seeds are a great source of protein and contain all the essential amino acids. Hemp seed oil may help reduce symptoms of eczema and other chronic inflammatory conditions.

Written by Ruairi Robertson, PhD on October 9, 2017 Authority Nutrition



"Strive mightily but eat and drink as friends"



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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6 Super Healthy Seeds You Should Eat

Seeds contain all the starting materials necessary to develop into complex plants. Because of this, they are extremely nutritious.

Seeds are great sources of fiber. They also contain healthy monounsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants.

When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.

This article will describe the nutritional content and health benefits of six of the healthiest seeds you can eat.

1. Flaxseeds

Flaxseeds, also known as linseeds, are a great source of fiber and omega-3 fats, particularly alpha-linolenic acid (ALA).

However, the omega-3 fats are contained within the fibrous outer shell of the seed, which humans can't digest easily.

Therefore, if you want to increase your omega-3 levels, it's best to eat flaxseeds that have been ground.

A 1-ounce (28-gram) serving of flaxseeds contains a wide mix of nutrients:

- Calories: 152
- Fiber: 7.8 grams
- Protein: 5.2 grams
- Monounsaturated fat: 2.1 grams
- Omega-3 fats: 6.5 grams
- Omega-6 fats: 1.7 grams
- Manganese: 35% of the RDI
- Thiamine (vitamin B1): 31% of the RDI
- Magnesium: 28% of the RDI

Flaxseeds also contain a number of different polyphenols, especially lignans, which act as important antioxidants in the body.

Lignans, as well as the fiber and omega-3 fats in flaxseeds, can all help reduce cholesterol and other risk factors for heart disease.

One large study combined the results of 28 others, finding that consuming flaxseeds reduced levels of "bad" LDL cholesterol by an average of 10 mmol/l.

Flaxseeds may also help reduce blood pressure. An analysis of 11 studies found that flaxseeds could reduce blood pressure especially when eaten whole every day for more than 12 weeks.

A couple of studies have shown that eating flaxseeds may reduce markers of tumor growth in women with breast cancer, and may also reduce cancer risk.

This may be due to the lignans in flaxseeds. Lignans are phytoestrogens and are similar to the female sex hormone estrogen.

What's more, similar benefits have been shown regarding prostate cancer in men.

In addition to reducing the risk of heart disease and cancer, flaxseeds may also help reduce blood sugar, which may help lower the risk of diabetes.

SUMMARY:

Flaxseeds are an excellent source of fiber, omega-3 fats, lignans and other nutrients. A lot of evidence has shown they may reduce cholesterol, blood pressure and even the risk of cancer.

2. Chia Seeds

Chia seeds are very similar to flaxseeds because they are also good sources of fiber and omega-3 fats, along with a number of other nutrients.

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