

To order or cancel a meal, please call between 9am and 12pm on the day before.
 For additional information call Coffeyville at 620-251-7313 or Pittsburg at 620-232-7443.

SEPTEMBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--------------|
| 2 CLOSED LABOR DAY HOLIDAY | 3 Chicken/Noodles Steamed Broccoli Peaches Wheat Bread | 4 Taco Salad (meat,beans,lettuce,cheese,toms) Pineapple Tidbits Corn Chips | 5 Honey Glazed Pork Loin Mashed Sweet Potatoes Cooked Cabbage Mixed Fruit Roll | 6 CLOSED |
| 9 Spaghetti w/Meat Sauce Seasoned Peas Copper Pennies Fresh Banana Breadstick | 10 Baked Ham Macaroni/Cheese Green Beans Pineapple Tidbits Roll | 11 BBQ Hamburger/Bun Potato Salad Fiesta Corn Salad Sliced Apples | 12 Oven Baked Chicken Garlic Mashed Potatoes Candied Carrots Mandarin Oranges Wheat Bread | 13 CLOSED |
| 16 Biscuit/Sausage Gravy Hard Boiled Egg Carrot Raisin Salad Applesauce Orange Juice | 17 Fish Wedge /Tartar Sauce Parsiled Potatoes Beet Salad Hush Puppies Pears | 18 Chicken Salad Spinach Salad Macaroni Salad Fresh Apple Crackers *Birthday Treat* | 19 Roast Beef Mashed Potatoes/Gravy Confetti Corn Fruit Salad Roll | 20 CLOSED |
| 23 Meatballs/Tomato Gravy Aldente Egg Noodles Mixed Vegetables Cinnamon Apples Wheat Bread | 24 Sweet/Sour Chicken Steamed Rice Winter Blend Vegetables Fresh Orange Wheat Bread | 25 Tuna Salad Cottage Cheese Garden Salad Pineapples/Mandarin Oranges Crackers | 26 Grilled Chicken Patty Dressing/Gravy Green Beans Peaches/Strawberries Cranberry Sauce Roll | 27 CLOSED |
| 30 Goulash California Blend Vegetables Fruit Salad Wheat Bread | | | | |

RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT.
WHEAT BREAD, MARGARINE & 1% MILK SERVED WITH ALL MEALS
 UNLESS OTHERWISE SPECIFIED.
 FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED.
 MENU IS SUBJECT TO CHANGE



Suggested Donation \$2.00
 Southeast Kansas Area Agency on Aging, Inc.
 (for those 60 years and older) Consultation with SEK-AAA Dietitian may be arranged. This organization is an equal opportunity provider.

PLEASE MAKE CHECKS PAYABLE TO : SEK-AAA PO BOX J CHANUTE, KS 66720

Carbohydrate and Blood Sugar Management

Foods with carbohydrate or “carbs” give your body the energy it needs to keep you healthy. Some carbs raise your blood sugar quickly. Other carbs raise your blood sugar more slowly.

Carbs that raise your blood sugar slowly are the best kind to eat. Eating too many carbs or too many carbs that raise blood sugar quickly can make it harder for you to manage your blood sugar.

Below is a list of some of the many foods with carbohydrate that raise blood sugar slowly. Eating these foods in the right amounts, at the right time for your meal plan, can help you manage your blood sugar and diabetes.

Carbs that Raise Blood Sugar Slowly or Only A Little



Beans/Legumes: baked, black, butter, cannellini, garbanzo, kidney, lima, mung, soy beans; lentils, peas (dried, split)



Fruit: apples (fresh & dried), dates, fruit cocktail, grapes, grapefruit, kiwis, mangos, nectarines, oranges, peaches or pears (fresh, dried, or canned in natural juice), plums, prunes, strawberries



Beverages: coffee, tea, tomato or 100% vegetable juice (low salt), Slim Fast, all diet beverages



Grains: barley, buckwheat, bulgur, quinoa, rye, semolina, wheat berries



Bread: pumpernickel, sourdough (wheat or rye); corn tortillas



Pasta/Noodles: all forms of pasta made from semolina or durum wheat



Breakfast cereals: All-Bran, steel-cut oats, Glucerna (all types)



Rice: brown rice



Cookies/Crackers: 1 small oat-meal cookie (2.5”/0.9 oz.)



Snack foods: nuts (all types), Extend bars, NutriSystem bars, SmartZone bars, and Glucerna bars (all types of all bars)



Dairy: milk (all types), plain and light yogurts



Vegetables: all non-starchy vegetables except beets, kohlrabi, and rutabega. Also limit or avoid eating white potatoes.

Talk to your health care provider, diabetes care and education specialist, or a registered dietitian to learn more about what foods with carbohydrate you can eat to make it easier to control your blood sugar and diabetes.

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--------|
| 2 | 3 | 4 | 5 | 6 |
| CLOSED LABOR DAY HOLIDAY | Chicken/Noodles 1c Steamed Broccoli 1c Peaches 1/2c Wheat Bread 1 | Taco Salad 1c (meat, beans, lettuce, cheese, toms) Pineapple Tidbits 1/2c Corn Chips 1 | Honey Glazed Pork Loin 1 Mashed Sweet Potatoes 1/2c Cooked Cabbage 1/2c Mixed Fruit 1/2c Roll 1 | CLOSED |
| 9 | 10 | 11 | 12 | 13 |
| Spaghetti w/Meat Sauce 1c Seasoned Peas 1/2c Copper Carrots 1/2c Fresh Banana 1 Breadstick 1 | Baked Ham 1 Macaroni/Cheese 1/2c Green Beans 1/2c Pineapple Tidbits 1/2c Roll 1 | Bowl BBQ Hamburger/Bun 1 Potato Salad 1/2c Fiesta Corn Salad 1/2c Sliced Apples 1/2c | Oven Baked Chicken 1 Garlic Mashed Potatoes 1/2c Candied Carrots 1/2c Mandarin Oranges 1/2c Wheat Bread 1 | CLOSED |
| 16 | 17 | 18 | 19 | 20 |
| Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Carrot Raisin Salad 1/2c Applesauce 1/2c Orange Juice 1 BOWL | Fish Wedge/Tartar Sauce 1 Parslied Potatoes 1/2c Beet Salad 1/2c Hush Puppies 3 Pears 1/2c | Bowl Chicken Salad 1/2c Spinach Salad 1c Macaroni Salad 1/2c Fresh Apple 1 Crackers 4 Packs *Birthday Treat* 1 BOWL | Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Confetti Corn 1/2c Fruit Salad 1/2c Roll 1 | CLOSED |
| 23 | 24 | 25 | 26 | 27 |
| Meatballs/Tomato Gravy 6 Aldente Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c Wheat Bread 1 | Sweet/Sour Chicken 1/2c Steamed Rice 1/2c Winter Blend Vegetables 1/2c Fresh Orange 1 Wheat Bread 1 | Tuna Salad 1/2c Cottage Cheese 1 Garden Salad 1c Pineapples/Man Oranges 1/2c Crackers 4 Packs | Grilled Chicken Patty 1 Dressing/Gravy 1/2c, 1/4c Green Beans 1/2c Cranberry Sauce 1/4c Peaches/Strawberries 1/2c Roll 1 | CLOSED |
| 30 | | | | |
| Goulash 1c California Blend Vegetables 1c Fruit Salad 1/2c Wheat Bread 1 | | Bowl | | |
| RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT. WHEAT BREAD, MARGARINE & 1% MILK SERVED WITH ALL MEALS UNLESS OTHERWISE SPECIFIED. FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED. ***MENU IS SUBJECT TO CHANGE*** | | | | |

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