

Food needs to be eaten or refrigerated within 30 minutes of leaving the site. FOOD TAKEN HOME is at your own risk. Discard after 3 days.  
 To order or cancel a meal, please call your site between 9am and 12pm on the day before. For more info call 1-800-273-1054 for Coffeyville (or) 1-877-748-7443 for Pittsburg.

**NOVEMBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT. <b>WHEAT BREAD, MARGARINE &amp; 1% MILK SERVED WITH ALL MEALS</b> UNLESS OTHERWISE SPECIFIED. FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED. ***MENU IS SUBJECT TO CHANGE***				
Spaghetti w/Meat Sauce 1c Tossed Salad 1c Peas 1/2c Fresh Banana 1 Garlic Breadstick 1	Orange Chicken 1/2c Brown Rice 1/2c Mixed Vegetables 1/2c Peas 1/2c	Baked Ham 1 Mac/Cheese 1/2c Green Beans/Onions 1/2c Pineapple Tidbits 1/2c	Meatloaf 1 Mashed Potatoes/Gravy 1/2c, 1/4c Buttered Carrots 1/2c Mixed Fruit 1/2c Roll 1	10 CLOSED
6	7	8	9	10
Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Mini Baby Carrots 1 Red Applesauce 1/2c Orange Juice 1 BOWL	Chili Mac 1c Creamy Coleslaw 1/2c Peas 1/2c Cornbread 1 *Birthday Treat* 1 BOWL	Grilled Chicken Patty 1 Dressing/Gravy 1/2c, 1/4c Green Beans 1/2c Cranberry Sauce 1/4c Peaches/Strawberries 1/2c Roll 1	Roast Beef 1 Mashed Potatoes 1/2c, 1/4c Confetti Corn 1/2c Fruit Salad 1/2c Roll 1	17 CLOSED
13	14	15	16	17
Blerock Casserole/Biscuit 1/2c, 1 Corn 1/2c Zucchini/Tomatoes 1/2c Pineapple Tidbits 1/2c	Sweet/Sour Chicken 1/2c Brown Rice 1/2c Winter Blend Vegetables 1/2c Fresh Orange 1	Porcupine Meatballs 6 Aldente Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c	CLOSED THANKSGIVING HOLIDAY	24 CLOSED
20	21	22	23	24
Goulash 1c California Blend Vegetables 1c Fresh Banana 1	Ham/Beans/Onions 1c Creamy Coleslaw 1/2c Fresh Orange 1 Cornbread 1 BOWL	Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Peas 1/2c Peaches 1/2c	Chicken Tetrazini 1c Green Beans 1c Mixed Fruit 1/2c Breadstick 1	30
27	28	29	30	

**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 institution is an equal opportunity provider.

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

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6 Spaghetti w/Meat Sauce Tossed Salad Peas Fresh Banana Garlic Breadstick	7 Orange Chicken Brown Rice Mixed Vegetables Peas	8 Baked Ham Mac/Cheese Green Beans/Onions Pineapple Tidbits Roll	9 BBQ Baked Chicken Garlic Mashed Potatoes Candied Carrots Mandarin Oranges	10 CLOSED
13 Biscuit/Sausage Gravy Hard Boiled Egg Mini Baby Carrots Red Applesauce Orange Juice	14 Chill Mac Creamy Coleslaw Peas Cornbread *Birthday Treat*	15 Grilled Chicken Party Dressing/Gravy Green Beans Peaches/Strawberries Cranberry Sauce Roll	16 Roast Beef Mashed Potatoes/Gravy Confetti Corn Fruit Salad Roll	17 CLOSED
20 Blerock Casserole/Biscuit Corn Zuchinn/Tomatoes Pineapple Tidbits	21 Sweet/Sour Chicken Brown Rice Winter Blend Vegetables Fresh Orange	22 Porcupine Meatballs Aldente Egg Noodle Mixed Vegetables Cinnamon Apples	23 CLOSED THANKSGIVING HOLIDAY	24 CLOSED
27 Goulash California Blend Vegetables Fresh Banana	28 Ham/Beans/Onions Creamy Coleslaw Fresh Orange Cornbread	29 Roast Beef Mashed Potatoes/Gravy Peas Peaches	30 Chicken Tetraxini Green Beans Mixed Fruit Breadstick	

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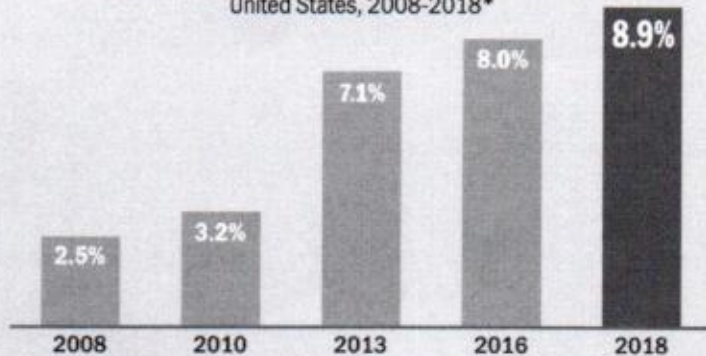


WITH  
2018  
HCUP  
DATA

# MALNOURISHED HOSPITALIZED PATIENTS

## CONTINUE TO RISE

Prevalence of Malnutrition Diagnoses in Discharged Patients  
United States, 2008-2018\*



\*Years 2008-2010 were all hospital discharges, 2013-2018 were non-maternal, non-neonatal hospital discharges.



**2.5 MILLION**  
Hospital Stays Involved  
Malnutrition

30-day Readmissions Are

**1.4X HIGHER**

In Patients With Malnutrition as  
Compared to Patients With  
No Malnutrition



## MALNUTRITION IS MORE PREVALENT AMONG

### OLDER AMERICANS

Malnutrition is  
**1.7x More Prevalent**  
In Those Aged 85+  
Than Other Age Categories

Almost 60% of All  
Malnutrition Diagnoses  
Are in Older Adults



### AFRICAN AMERICANS

**393,475** Malnourished  
Patients Were African American



### LOWEST INCOME COMMUNITIES

**749,405** Malnourished  
Patients Were From  
Low Income Communities



## THOSE WITH MALNUTRITION ARE

**3.4x**  
**MORE LIKELY**

To Have In-Hospital Death



**2.2x MORE LIKELY**

To Be Admitted with a  
Serious Infection

Admitted From the  
Emergency Department at a



**12%**  
**HIGHER RATE**

**HELP STOP MALNUTRITION: [nutritioncare.org/malnutrition](https://nutritioncare.org/malnutrition)**

Based on 2018 HCUP data.

Guenter P, Abdelhadi R, Anthony P, et al. Malnutrition diagnoses and associated outcomes in hospitalized patients: United States 2018. *Nutr Clin Pract.* 2021 <https://doi.org/10.1002/ncp.10771>

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PRACTICE OF CLINICAL NUTRITION  
American Society for Parenteral and Enteral Nutrition