

2% milk served at meals

Aztec Senior Center

July 2025

	Tuesday July 1 Sweet and Sour Pork Brown Rice Emperor Blend Veggies Mandarin & Pineapple vanilla yogurt	Wednesday July 2 Enchilada Casserole Pinto Beans Spanish Rice Peaches	Thursday July 3 Baked Chicken Breast parsley potatoes California Blend Tosses Salad Roll—Tropical Fruit
Monday, July 7 Kielbasa Cabbage & Potatoes Veggie Medley---Roll Vanilla yogurt Apricots	Tuesday, July 8 Spaghetti wMeat Sauce Tossed Salad/crackers Garden Blend Veggies Grapes	Wednesday, July 9 Spinach/Tomato Alfredo Pizza 1/2c Cucumber & Garbanzos Vanilla Yogurt w Strawberries	Thursday, July 10 Chef Salad w Crackers Orange Carrot Jello Salad
Monday, July 14 Chicken Fried Steak Mashed Potatoes Chateau Veggies White Pepper Gravy Fresh pear	Tuesday, July 15 BBQ Pork on Bun Pinto beans Roasted Brussel Sprouts Fruit salad	Wednesday, July 16 Breakfast for Lunch Scrambled Eggs Sausage Sweet potatoes Wheat tortilla Orange	Thursday, July 17 Fish Taco w Fixins' Cilantro Coleslaw Black Beans Diced Mango Angel Food Cake W Whipped Topping
Monday, July 21 Philly Cheese Steak French Fries Steamed Carrots Cantalope Vanilla Yogurt	Tuesday, July 22 Chicken & Rice Casserole French Style Green Beans Tossed Salad/crackers	Wednesday, July 23 Soft Beef Tacos w Fixins' Pinto Beans Capri Vegetables Tropical Fruit Salad	Thursday, July 24 Loaded Baked Potato HB Egg WW Roll Cherry Vanilla Yogurt
Monday July 28 Tuna Salad Sandwich Spinach Salad Apple	Tuesday, July 29 Meatloaf /Gravy Parsley Potatoes Asparagus Tossed Salad WW Roll---Orange	Wednesday, July 30 Bean and Cheese Burrito Green Chile sauce Chateau Veggies Banana, Vanilla Yogurt	Thursday July 31 Chicken Stir fry Brown Rice Asian Blend Veggies Fruit salad Fortune Cookie

Hours of Operation: Mon- Thurs. 7 am- 4 pm

Lunch Hours 11:30- 1:00pm



Age 60 and Over-\$3.00 Contribution

Under 60- \$6.00

TAKE HOME MESSAGE:

Calcium is an important nutrient for older adults. Older adults who do not consume dairy should be mindful to eat a variety of other food sources high in calcium. REFERENCES 1. Institute of Medicine, Food and Nutrition Board. Dietary Reference Intakes for Calcium and Vitamin D.

How Much Calcium is Needed?

Recommended Dietary Allowances for Calcium		
LIFE STAGE GROUP	MEN	WOMEN
51-70 YEARS	1000 MG	1200 MG
71+ YEARS	1200 MG	1200MG

Older adults have higher calcium needs than younger adults. Needs among older women increase sooner than for men. It's important to get the right amount of calcium. Too little can cause a condition known as hypocalcemia, weak bones, and increased risk of bone fractures. Too much can cause a condition known as hypercalcemia, kidney damage, and kidney stones¹. The tolerable upper limit level (UL) for adults ages 51 years and older is 2,000 milligrams (mg)². Toxic effects of calcium are most frequently caused by excessive supplementation.

**Meaning of the American Flag**

The stars represent the 50 states of the Union

The horizontal stripes represent the original 13 Colonies

The color blue represents: vigilance, perseverance & justice



—There are 7 red stripes. Red symbolizes hardiness and valor

—There are 6 white stripes. White symbolizes purity and innocence

America: where calories don't count on July 4th.