



# AUGUST BREAKFAST



	<b>Wednesday – 8/1</b> Grape Juice Cheerios Whole Grain Waffle Sticks w/ Syrup Turkey Sausage Link Fresh Banana	<b>Thursday – 8/2</b> Cranberry Juice Raisin Bran Cereal Turkey Ham & Cheddar Cheese Biscuit Fresh Pear
<b>Tuesday – 8/7</b> Orange Juice Honey Nut Scooters Bagel w/ Cream Cheese Hard Boiled Egg Raisins	<b>Wednesday – 8/8</b> Apple Juice Granola Cereal Ham, Egg, and Cheese Breakfast Bar Fresh Banana	<b>Thursday – 8/9</b> Cranberry Juice Bran Flakes Pineapple Tidbits Fruited Yogurt Applesauce Bran Muffin
<b>Tuesday – 8/14</b> Apple Juice Oatmeal Pineapple Tidbits Chicken Biscuit	<b>Wednesday – 8/15</b> Cranberry Juice Toasty O's Applesauce Turkey Sausage & Egg Patty Wheat English Muffin	<b>Thursday – 8/16</b> Grape Juice Raisin Bran Cereal Blueberry Muffin Cottage Cheese w/ Peaches
<b>Tuesday – 8/21</b> Grape Juice Oatmeal Fresh Seasonal Fruit Pancakes w/ Syrup Turkey Sausage Patty	<b>Wednesday – 8/22</b> Apple Juice Honey Graham Cereal Cheese Omelet Sandwich Thin Pears	<b>Thursday – 8/23</b> Cranberry Juice Bran Flakes Tropical Fruit Bagel w/ Cream Cheese
<b>Tuesday – 8/28</b> Orange Juice Cinnamon Squares Cereal Raisins Blueberry Muffin Cottage Cheese w/ Peaches	<b>Wednesday – 8/29</b> Grape Juice Raisin Bran Cereal Turkey Ham & Swiss Cheese Biscuit Fresh Seasonal Fruit	<b>Thursday – 8/30</b> Apple Juice Oatmeal Fruited Yogurt Bagel w/ Cream Cheese Tropical Fruit

## USDA-FDA Cold Storage Chart

These time limit guidelines will help keep refrigerated food safe to eat. Because freezing keeps food safe indefinitely, recommended storage times for frozen foods are for quality only.

Product	Refrigerator	Freezer
<b>Eggs</b>		
Fresh, in shell	3 to 5 weeks	Don't freeze
Hard cooked	1 week	Doesn't freeze well
<b>Liquid Pasteurized Eggs, Egg Substitutes</b>		
Opened	3 days	Doesn't freeze well
Unopened	10 days	1 year
<b>Deli and Vacuum-Packed Products</b>		
Egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Doesn't freeze well
<b>Hot Dogs</b>		
Opened package	1 week	1 to 2 months
Unopened package	2 weeks	1 to 2 months
<b>Luncheon Meat</b>		
Opened package	3 to 5 days	1 to 2 months
Unopened package	2 weeks	1 to 2 months
<b>Bacon &amp; Sausage</b>		
Bacon	7 days	1 month
Sausage, raw	1 to 2 days	1 to 2 months
<b>Hamburger and Other Ground Meats-Beef, Turkey, Veal, Pork</b>		
Ground Meats	1 to 2 days	3 to 4 months
<b>Fresh Beef, Veal, Lamb, Pork</b>		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
<b>Fresh Poultry-Chicken, Turkey</b>		
Whole	1 to 2 days	1 year
Pieces	1 to 2 days	9 months
<b>Seafood</b>		
Lean fish-flounder, haddock, halibut, etc.	1 to 2 days	6 to 8 months
Fatty fish-salmon, tuna	1 to 2 days	2 to 3 months
<b>Leftovers</b>		
Cooked meat or poultry	3 to 4 days	2 to 6 months
Chicken nuggets, patties	3 to 4 days	1 to 3 months
Pizza	3 to 4 days	1 to 2 months

<https://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM312790.pdf>

AUGUST	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	753	96.5	850
Week 2	702	90.5	907
Week 3	715	95.3	880
Week 4	651	86.2	715
Daily Standard		100 grams	800-1000 mg
Targeted Daily	750		

## Tips and Hacks

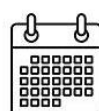
### Make Smarter Substitutions

If you find yourself craving something unhealthy, find a healthier way to eat it. Making little changes in how you eat can make a big difference in the long run.

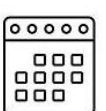
- For recipes, try substitutions that won't compromise texture or flavor, like replacing a cup of heavy cream with ½ cup of low-fat yogurt.
- Look for snacks that are baked instead of fried and lower in sodium.
- When eating out, go for grilled options instead of fried and look for ways to add color, like switching out fries for apples or a side salad.

<https://healthyforgood.heart.org/eat-smart>

## Can You Find Every Month?



J O I L M R G G F E N J N Y D  
S G V Q I Y E E R K N Q Y U B  
C T Y X O R B B R Y D U P K Z  
E J U L Y R P A M U L N J N H  
G J G F U C C A L E X O J A M  
H L X A V O R K Z H T C P A J  
Q T R Q M Y I V N I V P R K S  
Y Y O N O V E M B E R C E V Y  
A H A Y R A U N A J H T N S M  
U A E T M Z Q Q H F Y S T B R  
K Y W M S B R X E Y M U K I U  
H D U P T P H W T I C G T K H  
O C T O B E R K I I C U L W Y  
U H Y R E B M E C E D A Y A M  
F O H F U A S T Y O N P E Y I



JANUARY  
FEBRUARY  
MARCH

APRIL  
MAY  
JUNE

JULY  
AUGUST  
SEPTEMBER

OCTOBER  
NOVEMBER  
DECEMBER