



SEPTEMBER BREAKFAST



	Wednesday – 9/1 Grape Juice Oatmeal String Cheese French Toast Sticks & Pancake Syrup Whole Grain Goldfish Crackers	Thursday – 9/2 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel & Peanut Butter Pineapple Tidbits
Tuesday – 9/7 NO BREAKFAST DELIVERY  HAPPY LABOR DAY	Wednesday – 9/8 Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers	Thursday – 9/9 Orange Juice Bran Flakes Cereal Pancakes & Pancake Syrup Turkey Sausage Link Fresh Fruit
Tuesday – 9/14 Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit	Wednesday – 9/15 Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit	Thursday – 9/16 Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit
Tuesday – 9/21 Grape Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup	Wednesday – 9/22 Orange Juice Turkey Sausage Biscuit Swiss Cheese Raisin Bran Cereal	Thursday – 9/23 Apple Juice Bran Flakes Cereal Hard Boiled Egg Fresh Fruit Whole Wheat Bagel & Peanut Butter
Tuesday – 9/28 Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel & Cream Cheese Fruit Cocktail Assorted Jelly	Wednesday – 9/29 Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	Thursday – 9/30 Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup

Sleeping Well in Stressful Times

Sleep researchers and health professionals have reported a rise in COVID-related sleep issues. Increased fears and anxieties certainly top the list of reasons why our sleeping patterns have changed, but other important factors include staying indoors more than usual (and thus interfering with our circadian rhythms), getting less exercise, and being more isolated from friends and family. But sleep is a critical component of our overall health and getting a good night's sleep, even in stressful times, is more important than ever.

SEPTEMBER	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	723	96.5	936
Week 2	689	92.8	900
Week 3	662	83.8	908
Week 4	675	89.7	853
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

Why is sleep so important?

Sleep has long been known to have restorative powers and boost the immune system. Sleep helps keep us healthier, stronger, and more alert while helping the body to repair cell and organ damage that occurs during the day. On the flip side, when we do not sleep well, we may suffer from depression and memory problems. We are also likely to experience nighttime falls, increased sensitivity to pain, and the need to use more prescription or over-the-counter sleep aids. Finally, lack of sleep may contribute to health problems including a greater risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women.

Sleep changes as we age

There's a common belief that we need less sleep as we age. That's not true. Our sleep needs are consistent throughout adulthood. What changes are our sleep patterns, making it likely that we'll have a more difficult time falling asleep, staying asleep, or experiencing that really good deep sleep.

How much sleep do you need?

Most of us need 7.5 to 9 hours of sleep every night. However, the number of hours you are asleep is not as important as how you feel following a good night's sleep. You may function well on fewer hours of sleep or may need more hours to feel well rested.

Tips for getting restorative sleep every night

More fragmented sleep is already typical for us as we get older. Add to that the increased uncertainty and stress brought on by the pandemic and it's easy to see why COVID-somnia is a reality. The good news is that some of the most common barriers to a good night's sleep are due to habits built over a lifetime. And these habits are within our control to change. The following table lists steps you can take to establish a new sleep routine to help reduce or eliminate sleep problems, even in a time of increasing stress and uncertainty.



Daytime Habits for Better Sleep

- Exercise regularly.
- Talk about your worries with a friend or family member.
- Stay engaged socially.
- Get sunlight.
- Meditate 10 minutes/day.
- Limit caffeine, alcohol, and nicotine Especially in the afternoon and early evening.



Nighttime Habits for Better Sleep

- Turn devices off: radio, TV, phone, etc.
- Reduce artificial light as much as possible.
- Limit noise and heat in your bedroom.
- Keep a regular bedtime routine.
- Do not read from a backlit device.
- Avoid big meals and late-night snacks before bedtime.

We spend one-third of our lives sleeping so it's vitally important, especially now, to take proactive steps toward improving our sleep habits. That way, we can live the other two-thirds of our lives in the most energetic, healthy, and stress-free manner possible.

<https://www.ncoa.org/article/sleeping-well-in-stressful-times>

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