

FEBRUARY 2026

NUTRITION SERVICES PROGRAM



To Cancel or Resume Meals:
(978) 345-8501 Ext 5

Suggested voluntary donation: \$3.00
MENU SUBJECT TO CHANGE

Meal Tips:

- Reduce CARBOHYDRATE content of meals by saving bread and/or dessert for a snack.
- Reduce SODIUM content of meals by saving the bread and/or non-fruit dessert for a snack.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Chicken* (590)
Sausage Gumbo
White Rice (5)
Biscuit (280)
Fruit (5)

CAL 665 PRO 30 NA 1010

3

Pot Roast/Gravy (455)
Carrots (45)
Whip Potato (110)
WW Bread (165)
Cookie (60)

CAL 610 PRO 35 NA 965

4

Honey Garlic
Meatballs (215)
Noodles (5)
Broccoli (10)
Dinner Roll (240)
Fruit (5)

CAL 710 PRO 35 NA 595

5

Turkey & Sweet Potato
Chili (215)
Green Beans (5)
Cornbread (180)
Fruit (5)

CAL 750 PRO 35 NA 685

6

Egg Bake (290)
Potatoes (5)
Beets (140)
WW Bread (165)
Yogurt (75) Juice (5)

CAL 680 PRO 25 NA 765

9

Chicken Pot Pie* (650)
Whip Potato (110)
Biscuit (280)
Fruit (5)

CAL 655 PRO 30 NA 1175

10

Sloppy Joe (310)
Sweet Tots (270)
Corn (5)
WW Bun (250)
Fruit (5)

CAL 750 PRO 30 NA 850

11

Hot Dog* (540)
Baked Beans (370)
Pears (10)
Coleslaw (15)
Bun (270)

CAL 840 PRO 30 NA 1475

12

Breaded Fish (290)
Couscous (5)
Capri Veg (15)
MG Bread (150)
Pudding (190)

CAL 705 PRO 30 NA 785

13

Eggplant Parm &
Pasta* (1050)
Veg Blend (30)
LS Bread (0)
Cupcake (175)

CAL 865 PRO 25 NA 1400

16



No Meal Delivery

17

Beef Burgundy &
Carrots (395)
Noodles (5)
MG Bread (150)
Pineapple (5)

CAL 655 PRO 40 NA 680

18

Egg Salad (170)
Potato Chips (80)
Garden Salad (35)
Roll (320)
Fruit (5)

CAL 640 PRO 30 NA 735

19

Chicken Dumplings* (620)
Fried Rice (160)
Veg Blend (15)
Orange Cake (265)
LS Bread (0)

CAL 760 PRO 115 NA 1200

20

Stuffed Shells &
Marinara (410)
Cauliflower (15)
Oat Bread (150)
Gelatin (110)

CAL 590 PRO 30 NA 920

23

Beef Stew (385)
Whip Potato (110)
Biscuit (280)
Fruit (5)

CAL 755 PRO 35 NA 905

24

BBQ Pulled Pork* (510)
Sweet Potato (25)
B. Sprouts (15)
Burger Bun (250)
Applesauce (20)

CAL 755 PRO 40 NA 950

25

Sweet & Sour
Chicken (460)
Rice (5)
Broccoli (5)
Dinner Roll (240)
Pudding (170)

CAL 740 PRO 35 NA 1015

26

Turkey & Gravy* (765)
Whip Potato (110)
Green Beans (5)
LS Bread (0)
Cupcake (175)

CAL 550 PRO 35 NA 1185

27

Tuscan Fish (360)
Carrots (45)
Risotto (110)
MG Bread (150)
Fruit (5)

CAL 1015 PRO 35 NA 790

Meals Include: 8oz 1% Milk
(Providing: 110 Calories & 125mg NA)

Total Calories, NA, & Protein include:

Entree, sides, dessert, fruit, bread, milk, & margarine.

Sodium MG is noted in parenthesis. Asterisk indicates item is > 500 mg Sodium.

Nutrition Questions?

Please contact: Alex Welch, R.D.

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Nutrition Matters is a monthly publication delivering timely & relevant nutrition information to your door!

Nutrition Matters



AMERICAN HEART HEALTH MONTH

FINDING BALANCE

HEALTHY FATS FOR A HEALTHY HEART

Dietary fats are essential for our bodies. They provide energy, support cell function, and absorb other critical nutrients. Choosing the right types of fats helps protect your heart and supports long-term wellness.

While all fats have the same number of calories, they have different effects on the body. There are four major types of dietary fats:

Polyunsaturated fats

- **Omega-3** – Found in flaxseed, chia seeds, walnuts, fatty fish, oils such as canola & soybean.
- **Omega-6** – Found in vegetable oils (corn oil, cottonseed oil, peanut oil), nuts, and seeds.

Monounsaturated fats

- **Omega-9** – Found in safflower, canola, and sunflower oils, avocados, and nuts.

Saturated fats

- Found in animal fats (butter, lard), coconut oil (high in sat. fats), and palm oil.
- Can raise LDL (“bad”) cholesterol when eaten in excess.
- Coconut Oil – best to use in moderation.

Trans fats

- Best to avoid entirely.
- Found in some processed or fried foods.
- Increase LDL (“bad”) and lower HDL (“good”) cholesterol.

Balancing Omega Fats

Both Omega-3 and Omega-6 fats are essential – our bodies can't make them, so we must get them from food. Omega-6 fats sometimes get a bad reputation, but normal amounts don't cause inflammation. Most people get plenty of Omega-6 and too little Omega-3.

For a healthy heart, add more Omega-3 foods like salmon, tuna, walnuts, chia seeds, and flaxseed. Focus on adding, not cutting back.

What's the Story Behind Seed Oils?

Seed oils such as canola, sunflower, and soybean are often misunderstood. When used instead of butter or coconut oil, they are a heart-healthy choice. They provide Omega-6 fats your body needs for energy and growth. Use seed oils in cooking just as you would other healthy oils—they are safe, practical, and nutritious.