

# FEBRUARY 2026




## NUTRITION SERVICES PROGRAM

**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.

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

Suggested voluntary donation: \$3.00  
**MENU SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Chicken* (590) Sausage Gumbo White Rice (5) Biscuit (280) Fruit (5)</div> <div>CAL 665    PRO 30    NA 1010</div>	<div>3</div> <div>Pot Roast/Gravy (455) Carrots (45) Whip Potato (110) WW Bread (165) Cookie (60)</div> <div>CAL 610    PRO 35    NA 965</div>	<div>4</div> <div>Honey Garlic Meatballs (215) Noodles (5) Broccoli (10) Dinner Roll (240) Fruit (5)</div> <div>CAL 710    PRO 35    NA 595</div>	<div>5</div> <div>Turkey &amp; Sweet Potato Chili (215) Green Beans (5) Cornbread (180) Fruit (5)</div> <div>CAL 750    PRO 35    NA 685</div>	<div>6</div> <div>Egg Bake (290) Potatoes (5) Beets (140) WW Bread (165) Yogurt (75) Juice (5)</div> <div>CAL 680    PRO 25    NA 765</div>
<div>9</div> <div>Chicken Pot Pie* (650) Whip Potato (110) Biscuit (280) Fruit (5)</div> <div>CAL 655    PRO 30    NA 1175</div>	<div>10</div> <div>Sloppy Joe (310) Sweet Tots (270) Corn (5) WW Bun (250) Fruit (5)</div> <div>CAL 750    PRO 30    NA 850</div>	<div>11</div> <div>Hot Dog* (540) Baked Beans (370) Pears (10) Coleslaw (15) Bun (270)</div> <div>CAL 840    PRO 30    NA 1475</div>	<div>12</div> <div>Breaded Fish (290) Couscous (5) Capri Veg (15) MG Bread (150) Pudding (190)</div> <div>CAL 705    PRO 30    NA 785</div>	<div>13</div> <div>Eggplant Parm &amp; Pasta* (1050) Veg Blend (30) LS Bread (0) Cupcake (175)</div> <div>CAL 865    PRO 25    NA 1400</div>
<div>16</div> <div> <b>No Meal Delivery</b></div>	<div>17</div> <div>Beef Burgundy &amp; Carrots (395) Noodles (5) MG Bread (150) Pineapple (5)</div> <div>CAL 655    PRO 40    NA 680</div>	<div>18</div> <div>Egg Salad (170) Potato Chips (80) Garden Salad (35) Roll (320) Fruit (5)</div> <div>CAL 640    PRO 30    NA 735</div>	<div>19</div> <div>Chicken Dumplings* (620) Fried Rice (160) Veg Blend (15) Orange Cake (265) LS Bread (0)</div> <div>CAL 760    PRO 115    NA 1200</div>	<div>20</div> <div>Stuffed Shells &amp; Marinara (410) Cauliflower (15) Oat Bread (150) Gelatin (110)</div> <div>CAL 590    PRO 30    NA 920</div>
<div>23</div> <div>Beef Stew (385) Whip Potato (110) Biscuit (280) Fruit (5)</div> <div>CAL 755    PRO 35    NA 905</div>	<div>24</div> <div>BBQ Pulled Pork* (510) Sweet Potato (25) B. Sprouts (15) Burger Bun (250) Applesauce (20)</div> <div>CAL 755    PRO 40    NA 950</div>	<div>25</div> <div>Sweet &amp; Sour Chicken (460) Rice (5) Broccoli (5) Dinner Roll (240) Pudding (170)</div> <div>CAL 740    PRO 35    NA 1015</div>	<div>26</div> <div>Turkey &amp; Gravy* (765) Whip Potato (110) Green Beans (5) LS Bread (0) Cupcake (175)</div> <div>CAL 550    PRO 35    NA 1185</div>	<div>27</div> <div>Tuscan Fish (360) Carrots (45) Risotto (110) MG Bread (150) Fruit (5)</div> <div>CAL 1015    PRO 35    NA 790</div>

**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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☎ (978) 868-6081

# 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.