



Washoe County Senior Nutrition

November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Washoe County Senior Services - 775.328.2575 - www.washoecounty.us/seniorsrv - Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p>	<p>Individuals under 60 may purchase a meal for \$4.00 - Milk & condiments served with meals - *A substitute item prepared with less sugar will be available.</p>	 <p>TRIO Community Meals Nourishment through compassionate care.</p>		
<p>3 Pecan Crusted Chicken Sweet Potato Casserole Broccoli Whole Grain Roll Seasonal Fruit</p> <p>Krab Cake Salad Creamy Italian Dressing</p>	<p>4 Beef Patty Lettuce Tomato Tater Tot Baked Beans Whole Wheat Hamburger Bun Mixed Fruit</p> <p>Turkey Chef Salad Ranch Salad Dressing</p>	<p>5 Shrimp Etouffee Steamed Rice Green Beans Biscuit Seasonal Fruit</p> <p>Taco Salad Taco Sauce</p>	<p>6 Cuban Mojo Chicken Lentil Vegetable Pilaf Zucchini Whole Grain Roll Seasonal Fruit</p> <p>Roast Beef Chef Salad Italian Dressing</p>	<p>7 Pork Tips w/Gravy Egg Noodles Green Peas Diced Carrots Multi-Grain Bread Tropical Fruit</p> <p>Fall Harvest Salad Balsamic Vinaigrette</p>
<p>10 Shrimp Fettuccini Green Beans Glazed Carrots Whole Grain Roll Mandarin Oranges</p> <p>Turkey Club Salad Blue Cheese Dressing</p>	<p>11 Closed for Holiday</p>	<p>12 Spaghetti Meat Sauce Whole Grain Spaghetti Noodles Cauliflower Tossed Salad Whole Grain Garlic Breadstick Mixed Fruit Crisp</p> <p>Seafood Salad 1000 Island Dressing</p>	<p>13 Roast Beef w/Gravy Garlic Whipped Potatoes Cabbage Medley Cornbread Seasonal Fruit</p> <p>Mango Chicken Salad Balsamic Vinaigrette</p>	<p>14 Fajita Chicken Pinto Beans Corn Salsa Whole Grain Corn Tortilla Hot Diced Peaches</p> <p>Beef Lo Mein Salad Italian Dressing</p>
<p>17 Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Seasonal Fruit</p> <p>Krab Cake Salad Creamy Italian Dressing</p>	<p>18 Sesame Mustard Pork Lentil Vegetable Pilaf Glazed Carrots Whole Wheat Bread Fresh Orange</p> <p>Turkey Chef Salad Ranch Salad Dressing</p>	<p>19 Beef and Broccoli Stir Fry Vegetable Lo Mein Asian Green Beans Whole Grain Roll Tropical Fruit</p> <p>Taco Salad Taco Sauce</p>	<p>20 Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp</p> <p>Roast Beef Chef Salad Italian Dressing</p>	<p>21 Chicken Shawarma Lemon Orzo Garden Vegetables Whole Wheat Bread Seasonal Fruit Birthday Dessert</p> <p>Fall Harvest Salad Balsamic Vinaigrette</p>
<p>24 Hawaiian Chicken Black Beans Pineapple Carrots Whole Grain Roll Seasonal Fruit</p> <p>Turkey Club Salad Blue Cheese Dressing</p>	<p>25 Baked Tilapia Dill Sauce Rice Florentine Key Largo Vegetables Whole Grain Roll Seasonal Fruit</p> <p>Asian Pork Salad Asian Sesame Dressing</p>	<p>26 ~Thanksgiving Meal~ Herbed Turkey Breast Cornbread Dressing Green Beans Whole Grain Roll Pumpkin Bar Seasonal Fruit Cranberry Sauce Seafood Salad 1000 Island Dressing</p>	<p>27 Closed for Holiday</p>	<p>28 Closed for Holiday</p>



As we age, keeping bones strong becomes more important. Bone loss speeds up—especially for women after menopause—and can lead to fractures and osteoporosis. But there’s good news: healthy food, daily movement, and simple habits can help protect your bones at any age.

Bone-Loving Nutrients at a Glance

Nutrient	What it Does	Best Food Sources
Calcium	Builds and maintains bone strength	Milk, yogurt, cheese, leafy greens, tofu, fortified drinks
Vitamin D	Helps the body absorb calcium	Sunlight, fatty fish, eggs, fortified milk
Magnesium	Helps activate vitamin D	Whole grains, nuts, beans, leafy greens
Zinc	Supports bone-building cells	Meat, seeds, whole grains, seafood
Vitamin K2	Helps bind calcium in bones	Cheese, eggs, fermented foods
Protein	Builds and repairs tissue	Eggs, dairy, poultry, fish, beans
Collagen	Gives structure to bones	Bone broth, collagen supplements, protein + vitamin C
Vitamin C	Helps make collagen	Citrus, berries, bell peppers, tomatoes

Habits Your Bones Will Love

- Move daily against gravity – walking, dancing, or climbing stairs all help.
- Strength train 2–3 times/week using light weights or bands.
- Practice balance – try chair yoga, tai chi, or standing heel raises
- Avoid smoking – it weakens your bones.
- Limit alcohol, salt, and caffeine – too much can weaken bones.
- Work with a trainer or physical therapist to stay safe and build strength.

Bone Boosting Nutrition Tips

- ✓ Eat 3 servings of calcium-rich foods each day
- ✓ Include protein with meals (meat, dairy, beans, tofu)
- ✓ Get vitamin D from sunshine or fortified foods
- ✓ Add foods rich in magnesium, zinc, K2, and vitamin C
- ✓ Drink water instead of soda or sugary drinks