



# Seniors In Touch

*"It means so much to stay in touch"*

Special Days in  
April

**All of them!**

Show me a  
day in which  
the world  
wasn't new!

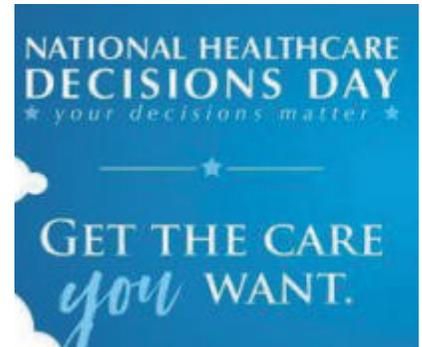
- Sister Barbara  
Hance

**National Health Care Decision Day is April 16<sup>th</sup>.** It is a day to focus on the importance of advanced health care planning. This includes choosing someone to make health care decisions for you in the event you are unable to speak for yourself, talking about your own personal goals and values relating to your medical care with that person, and completing a Power of Attorney for Health Care form to ensure that your chosen decision maker has the legal right

to make your health care decisions when you are not able to. The POA-HC form needs to be activated by two medical professionals stating that you are incapacitated and unable to make your own health care decisions. Only after this occurs can your selected health care decision maker, also known as your agent, make health care decisions for you. Advanced health care planning is important for everyone. Accidents and acute illness can happen to anyone at any time, but it is estimated that only 25% of us have actually engaged in advanced health care planning. It's relatively easy to do and we have the forms available at the ADRC and staff available to help you complete it.

You do not need an attorney or notary to complete the POA-HC form, just two witnesses who are neither related to you nor your health care providers (which does not include chaplains or social workers) and are not included in your will. A completed copy should be given to your physician. Your agent should also have a copy and you should keep a copy at your home in an easily accessible place.

I strongly encourage everyone to complete a POA-HC form. If you have already done so....that's awesome. If it has been a while since you completed it, review your POA-HC form and talk with your agent about your health care choices as our wishes can change over time, and having conversations about this is helpful for both you and your agent. If you have any questions about advanced health care planning please call the ADRC at 467-4100. -Christine Freund, Adult Protective Services Specialist





Please take the time to complete this short survey, and, if possible, ask 5 other people who you know that live/work in Sheboygan County to complete this survey. Your input is very valuable and will allow us to focus on the needs that the community has identified as most important.

What are the top three concerns related to aging that you have at this time?

What do you think you will need in the next 3, 5, or even 10 years to help you remain as independent as possible?

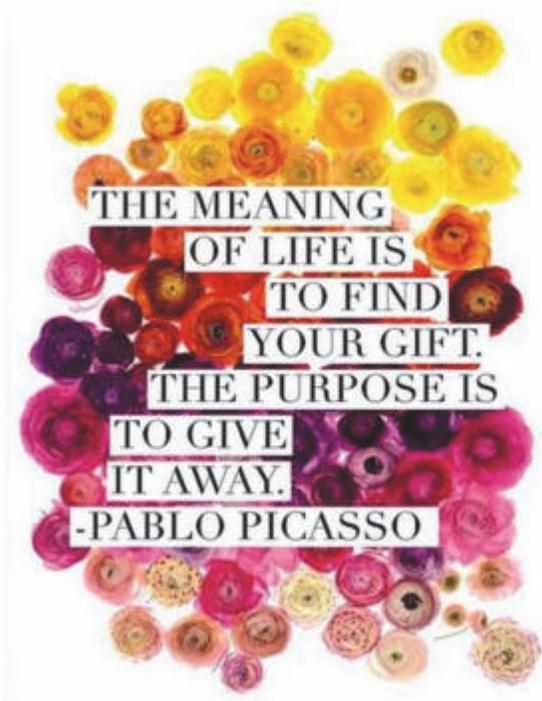
Are there services or events you have seen or heard of in other communities that you think would be helpful to seniors in our county?

If you are a caregiver for a spouse, family member or friend, what resources or services do you think are most important for the county to provide?

What activities in the community are making a positive difference for older adults?

Please return the completed survey to:  
Aging and Disability Resource Center, 650 Forest Avenue, Sheboygan Falls, WI 53085  
or email to [ADRC@sheboygancounty.com](mailto:ADRC@sheboygancounty.com)  
Call 920-467-4100 if you have any questions.  
Thank you for your help!

You can also return this survey to any curbside pick-up location.



**V**olunteers boost our power, lighten the load, and exponentially increase our impact. Whether you can make just a one time commitment of a few hours or claim a reoccurring role, we need you. Yes, you.

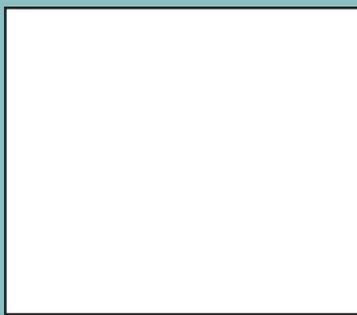
Needs vary by site, but all of our sites have needs.



*Sheboygan County Seniors have a long and commendable tradition of volunteers who have supported our services over the years. Here (L) are some of the people honored at our 2nd annual volunteer banquet in 1977.*

*Below— A glimpse of our 39th annual volunteer banquet in 2014*





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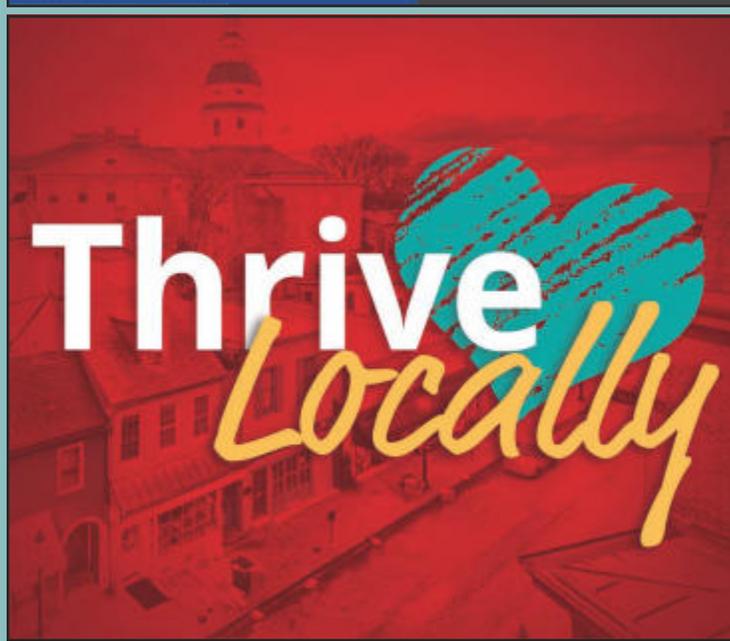
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**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

## IN THIS ISSUE

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BAKED CHICKEN

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THE PROS AND CONS  
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RAW CHICKEN BEFORE  
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### NUTRITION:

MARCH IS NATIONAL  
NUTRITION MONTH

## BAKED CHICKEN RECIPE

### Ingredients

- 4 potatoes (sliced)
- 6 carrot (sliced)
- 1 onion (large, quartered)
- 1 chicken (raw, - cut into pieces, skin removed)
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper

### Directions

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for one hour or more until browned and tender.



STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

## THE PROS AND CONS OF ONLINE GROCERY SHOPPING

Online grocery shopping has gained in popularity. This article will weigh some of the pros and cons to help you determine whether in-person or online shopping is the choice for you.

### Pros:

- You are less likely to overspend. People usually stick to their list of items when shopping online.
- You can keep an ongoing shopping list online and add to it throughout the week.
- It saves time.
- Less money is spent on gas if you are able to have groceries delivered. Some people still need to drive to their grocery store for parking lot pick-up.
- Many grocery store apps save your favorites and previous lists in your history, which makes it easier to reorder.

### Cons:

- It can be more expensive. It depends on the store, but watch for additional costs and delivery fees.
- Someone else is handpicking your food items. For example, you will have to trust someone else's judgement to pick out the quality and size of produce.
- You may still need to go to the grocery store. If you use the online shopping for weekly or bi-weekly, you may find that you need to buy certain perishable items in between on-line shopping.
- Depending on the store, if an item is out of stock, they may reimburse you for the selected item or make a judgement call on what to replace it with. Make sure that the store has an option to approve any replacements prior to your delivery or pick-up.



## SHOULD I WASH MY RAW CHICKEN BEFORE COOKING?

One of the most common questions and discussions is whether raw chicken should be washed before cooking. This is often a highly debated topic, because many of us have watched previous generations in the kitchen wash their raw chicken. Although habits and belief systems can be hard to change, the research conducted by food safety experts is clear. Do not wash your chicken before cooking. There are many types of pathogens that may be on raw chicken, including campylobacter, salmonella, and clostridium perfringens. Washing raw chicken does not remove any pathogens that may be on the surface. In fact, experiments have shown that washing raw chicken increases the spread of these pathogens on surfaces around the kitchen, such as the sink, faucet handle, counter, and cooking utensils. Foodborne illness affects nearly 48 million people each year, including 128,000 hospitalizations and in some cases death. The best way to avoid getting sick is to:

- Wash hands for 20 seconds with soapy water before and after handling raw chicken;
- Do not cross contaminate. The plate, cutting board and utensils used with raw chicken should not be used with raw



produce or cooked foods.

- Only proper cooking will kill the germs present on chicken. Use a meat thermometer to reach an internal temperature of 165 degrees.
- Avoid keeping leftovers at room temperature longer than 1 hour on a hot day and 2 hours on a regular temperature day.

## MARCH IS NATIONAL NUTRITION MONTH

March is National Nutrition Month and the perfect time to introduce new tools and resources to help you in your healthy eating. Every 5 years, the USDA (United States Department of Agriculture) and HHS (Health and Human Services) partner to publish the Dietary Guidelines for Americans (DGA.) The DGA includes the most current scientific and medical knowledge on nutrition and provides food-based recommendations that promote health, help prevent diet-related disease, and meet nutrient needs.

The 2020-2025 guidelines have been released and available here: <https://www.dietaryguidelines.gov/>. To learn more about nutrition recommendations for older adults, visit pages 121 of the guide. MyPlate has also added some new features, including a phone app to help meet nutrition goals, MyKitchen recipes, and videos. To learn more, download the app or visit here: <https://www.myplate.gov/>.

Sources: "Pros and Cons of Online Shopping", Utah State University Extension, unknown; "Food Safety Tip: Do Not Wash Raw Chicken", University of Florida, January 2021; "MyPlate", U.S. Department of Agriculture, unknown; "Dietary Guidelines for Americans", U.S. Department of Agriculture and Health and Human Services, unknown; "Baked Chicken", MyPlate Kitchen, unknown.

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**Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.**

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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP.



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources



Balance your Life  
Take Care of Yourself

## Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

**Dates:** THURSDAYS: April 15, 22, 29  
& May 6, 13, 20, 2021 (6 weeks)

**Times:** 10:00 a.m. – 11:30 a.m.

**ONLINE ONLY**

Caregivers will need to have access to a laptop or I-Pad (camera & mic) and have internet access.

Brought to you by:



Register Today! Space is limited  
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Call (920) 467-4079 and mail or email [Lisa.Hurley@SheboyganCounty.com](mailto:Lisa.Hurley@SheboyganCounty.com)

April / May 2021

Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City, Zip: \_\_\_\_\_



I recently received an unsolicited visit from a man going door-to-door in my neighborhood who claimed to work for a local home improvement company. He quoted me a very good price to perform some outdoor maintenance on my home. How can I tell if the contractor is legitimate or if it is a scam?

A:

Unfortunately, warmer weather also brings transient contractors back to our area. Transient contractors are individuals who move from town to town, scamming homeowners in a variety of ways. Some of them may even

claim to be working for a local home improvement company.

They typically go door-to-door providing homeowners with very low quotes to perform maintenance projects on their home. These maintenance projects could include blacktopping driveways, repairing roofs, outdoor and indoor painting, and yard work. The contractors may ask the homeowner to pay some or all of the money up-front, and then never return to complete the job. If the contractors do complete the work, they often do a poor job and use inferior materials forcing the homeowner to later hire another company to correct the work. Transient contractors have also been known to raise the cost of the job considerably once it is completed, then pressure the homeowner into paying the additional money.

A newer twist on this scam includes several individuals targeting your house at once, although you may only see the “contractor.” In this scam, the “contractor” distracts the homeowner, either by having the homeowner come outside to inspect something, or report a need to come into the home and inspect something in a remote area of the house. While the “contractor” is distracting the homeowner, one or more additional individuals sneak into the home undetected and take whatever valuables they can find. Depending on what valuables are taken, it could take days before the homeowner notices the items are missing.

**If you are looking to hire someone to complete a home improvement project, be wary of any contractor who does any of the following:**

1. Refuses to provide a written estimate, contract, references, current license or certificate of insurance.
2. Offers very low bids.
3. Uses high-pressure sales tactics.
4. Arrives in a vehicle that does not have a company name, address or phone number on it.
5. Claims they just finished a job nearby and have leftover materials so they can do your job for a discount.
6. States they have the ability to “start immediately” on your project.

**When hiring a contractor, remember to:**

1. Research similar projects, learn the best way to complete it and how much it should cost.
2. Research which licenses and permits are required for the project. Demand in writing who will be responsible for obtaining the licenses and permits.
3. Consider local, reputable contractors.
4. Get at least three written bids. If you don’t feel comfortable with a bid, don’t be afraid to say no.
5. Check references.
6. Contact the Bureau of Consumer Protection (800) 422-7128 and the Better Business Bureau (800) 273-1002 to find out if complaints have been filed against the contractor.
7. Don’t believe what you read in a contractor’s ad. Check for yourself to make sure a contractor has a license, insurance, and is bonded.
8. Avoid payments of advance fees. Demand a written contract that includes start and end date of the project, payment schedule, a list of materials (quality grade, and cost), any guarantees or warranties, and details



# Making Meals Easy

Cooking for yourself and/or your family can be quick, fun, and easy when you have the right tools. Keeping your fridge, freezer, and cupboards stocked with ingredients you love can help support your health and make cooking stress free. Choosing foods from the main five food groups can help you build a balanced and delicious plate. Below are some ingredients to help you get started. It is not an extensive list so choose foods that you enjoy and promote your health!



## What Ingredients do You Like to Have in Your Kitchen?

Fruits	Vegetables	Grains	Protein	Dairy	Other
- Fresh, frozen, or canned	-Fresh, frozen or canned	-Rice	-Nuts & seeds	-Yogurt	-Olive oil
-For fresh, shop what's in season	-Beans & lentils	-Pasta	-Canned tuna or other fish	-Cottage cheese	-Garlic
	-Potatoes	-Oats	-Eggs	-Skim or 1% milk	-Chicken stock
	-Tomatoes	-Tortillas	-Turkey or Chicken (fresh or frozen)		-Low sodium canned soups
	-Onions	-Bread			-Pasta sauce
	-Spinach	-Choose 100% whole grain			-Your favorite herbs and spices
	-Peppers				
	-Carrots				

## Transform Ingredients into Meals!

### Fruit 2 Ways

- ✓ Spice up your yogurt or oatmeal with your favorite fruits and some nuts
- ✓ Top off a spinach salad with canned pears or mandarin oranges

### Vegetables 2 Ways

- ✓ Add broccoli, carrots, tomatoes, or other favorite veggies to soups
- ✓ Beans and lentils can be added to a soup, quesadilla, or salad

### Grains 2 Ways

- ✓ Make a nutritious meal of fried rice with eggs, spinach, mushrooms, or other vegetables
- ✓ Add whole grain noodles to soup or chili or use for pasta dishes

### Protein 2 Ways

- ✓ Eggs are great for any meal; an omelet, in fried rice, or on top of a baked potato
- ✓ Canned tuna with crackers is simple and nutrient packed

### Dairy 2 Ways

- ✓ Enjoy yogurt plain, added to smoothies, or topped with granola and berries
- ✓ Top cottage cheese with peaches, berries, tomatoes, or enjoy plain with a side salad

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Rochester Springs in Sheboygan Falls



Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

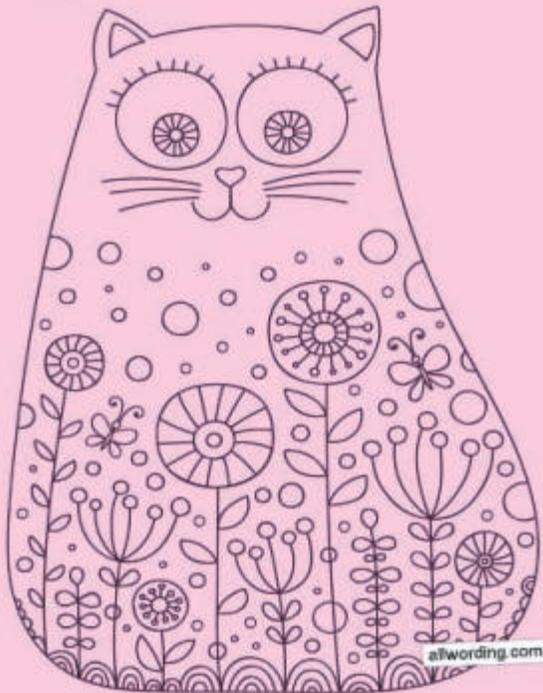
My Choice Wisconsin  
is a managed care organization  
that serves government-funded programs  
to seniors and adults with disabilities  
in over 50 Wisconsin counties.

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1-800-963-0035  
[mychoicewi.org/LP](http://mychoicewi.org/LP)



# Spring Puns



How do you tell someone winter is over?  
You spring it on them.

Why does Foghorn Leghorn take it slow when April rolls around?  
Because he's no spring chicken.

What do you call it when you get mugged on the vernal equinox?  
The first robbin' of spring.

Evergreen might not mind winter, but for all other trees it's a great re-leaf.

Did you see that all the snow and ice is melting?  
I thaw!



## Find the egg





# Be Active: Types of Activity

- **Endurance**- sometimes referred to as 'aerobic' activities, this type of activity increases your breathing and heart rate to improve your heart, lung, and circulatory system health. Endurance activity should be done on most days of the week. Examples: walking, yardwork (mowing or raking), dancing, biking, or playing team sports.
- **Strength**- This type of activity helps to strengthen your muscles AND bones! Being strong makes activities easier such as getting out of chair, climbing stairs, or carrying groceries or grandkids. Strength training also helps with your balance and can help prevent falls and fall-related injuries. Strength training should be done at least 2 days per week. Examples: Exercises using dumbbells, resistance bands, or bodyweight.
- **Balance**- Balance training helps to prevent falls and helps you to remain stable on your feet. Balance training can be done every day. Examples: standing on one foot or walking heel-to-toe.
- **Flexibility**- also known as stretching, this activity can keep you limber which helps you to stay independent for longer. Think about being able to wash your back in the shower or reach up into a cupboard for a dish. Flexibility exercises can be done every day.

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at [wihealthyaging.org/PALS](http://wihealthyaging.org/PALS)

●●● PALS: Physical Activity for Lifelong Success | WIHA



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# Laugh



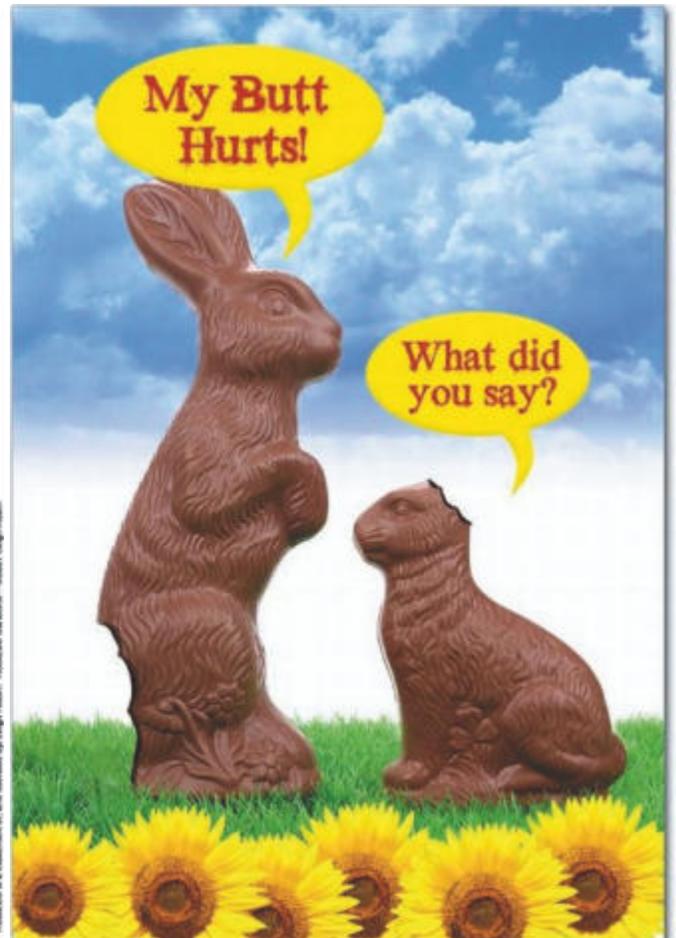
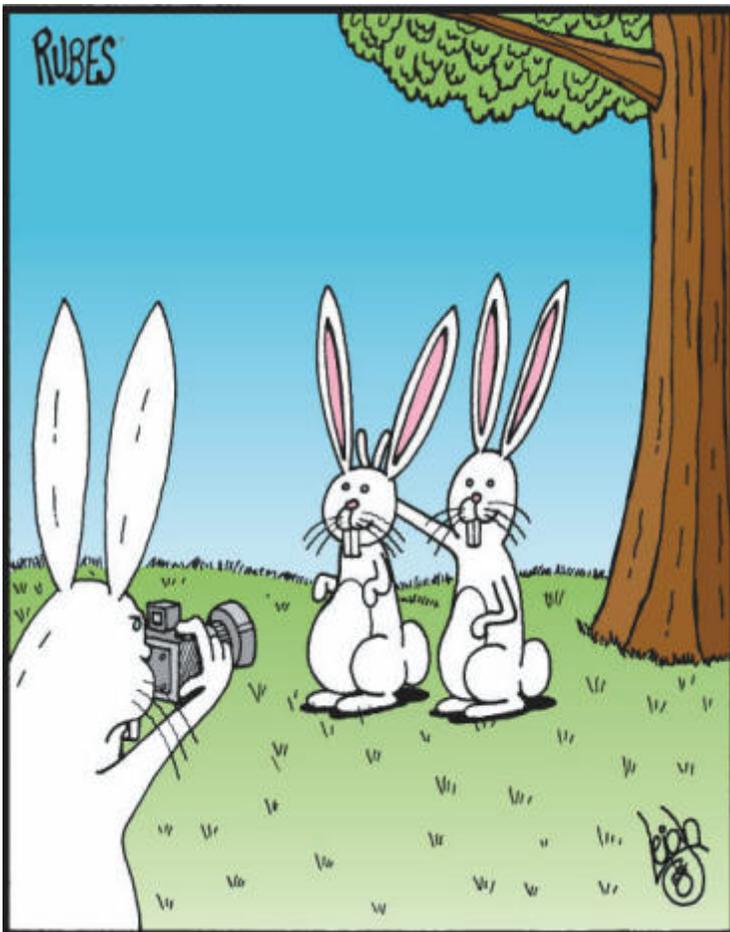
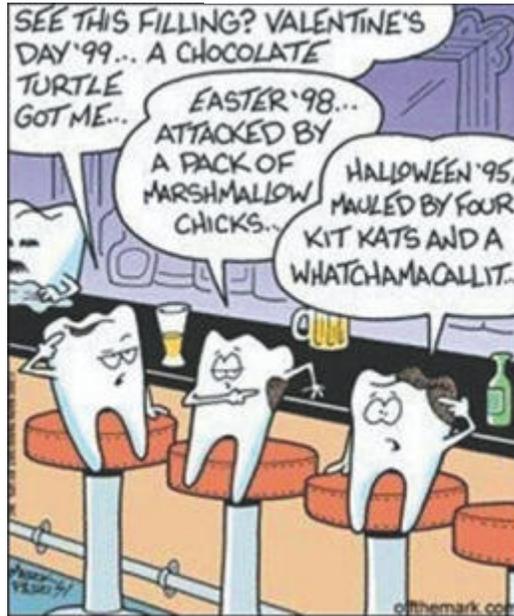
One fine spring day, Ole decided to take Lena for a drive in his new car. As they were driving through town, a policeman pulled them over and told Ole that he was doing 50 miles an hour in a 30 zone. Ole protested. "I was only doing tirty Officer."

"No, you were doing fifty", replied the cop.

"Really, Officer, I was only doing tirty", Ole replied stubbornly.

"Well", bellowed the cop, "I clocked you doing FIFTY!"

At that point, Lena, sitting in the back seat and trying to be helpful, spoke up. "Officer...you really shouldn't argue vit Ole ven he's been drinking."





## Community Education & Social Event (Online)

Aging & Disability Resource Center (ADRC)  
of Sheboygan County  
650 Forest Ave., Sheboygan Falls

2021

Join in with other family caregivers to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving. Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4100 for more information or to **make a reservation**. (some events open to care recipient and/or professional caregivers as **indicated below**)

**Thursday, April 22, 2021 @ 1 pm & 6 pm (select 1 option):**

**Planning for the Future: What YOU Need to Know ~ Advance Care Planning**

*Presenters: **Christine Freund**, Certified Social Worker, Adult Protective Services Specialist, Aging & Disability Resource Center (ADRC) of Sheboygan County & **Lee Mitchler**, Social Worker, Sharon S. Richardson Community Hospice*

*Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know—both your family and your health care providers—about your preferences. These preferences are often put into an advance directive, a legal document that goes into effect only if you are incapacitated and unable to speak for yourself. This could be the result of disease or severe injury—no matter how old you are. It helps others know what type of medical care you want. (open to family and professional caregivers)*

**(Will be presented Virtually / Online / Phone ~ Call for Link / Number )**

**Call 920-467-4079 to register!**



# Curbside Dining

Adell 994-9934, Sheboygan 207-2522, Sheboygan Falls 467-9042

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Baked Ham Cheesy Potatoes Glazed Carrots Pineapple / roll Dinner Roll Torte</p>	<p>2 Good Friday  Closed</p>
<p>5 Chicken Pasta Primavera Diced Beets Apple Rice Crispy Bar Bread Stick</p>	<p>6 Tomato Day Spaghetti w/ Meatballs Creamed Corn Garden Salad Garlic Bread</p>	<p>7 Open Faced Tur- key Sandwich Mashed Potatoes with Gravy Squash Cranberry Sauce Cinnamon Roll</p>	<p>8 BBQ Rib on a Bun Baked Beans Parsley Buttered Carrots and Ranch Dressing Taffy Apple Salad</p>	<p>9 Chicken Ala King Biscuit Green &amp; Wax Beans Apricots Dessert</p>
<p>12 Chicken Stir Fry (broccoli) Over a Bed of Rice Egg Roll Pistachio Fruit Sal- ad</p>	<p>13 Salisbury Steak Mashed Potatoes &amp; Gravy Key West Vegetable Blend Dinner Roll Three Bean Salad Strawberry Fluff</p>	<p>14 BBQ Chicken 2 pc. Cheesy Potatoes Country Blend Veggies Fruit Cocktail Wheat Bread Cookie</p>	<p>15 Brat on a Bun With Pickles &amp; Onions German Potato Salad Baked Beans Coleslaw Jello with Fruit</p>	<p>16 Beef Barley Soup ½ Turkey and Cheese Sandwich Tossed Salad (Romaine) Dressing Orange Glow Salad</p>
<p>19 Swedish Meatballs Buttered Noodles Stewed Tomatoes Pineapple Chunks Mandarin Orange Fluff</p>	<p>20 Monterey Chicken Mashed Potatoes California Blend Vegetables Pears / bread Cookie</p>	<p>21 Chef Salad Cottage Cheese Pickled Beets Peaches Dinner Roll Lemon Bar</p>	<p>22 Beef Barley Soup ½ Sand. Turkey and Ch Tossed Salad Dressing Banana Dirt Cake</p>	<p>23 Shrimp Alfredo Noodles Broccoli Applesauce Ambrosia Fruit Fluff French Bread</p>
<p>26 Lasagna Roll Up With Marinara Sauce Garden Salad Chuck Wagon Corn Pudding</p>	<p>27 <u>Orange Juice Day</u> Egg Bake Hash Browns Banana Pastry Orange Juice</p>	<p>28 Chicken Breast Wild Rice Summer Blend Veggies Cucumbers &amp; To- mato Salad Apricots Chocolate Cake</p>	<p>29 Tator Tot Casse- role Garden Salad Orange Wheat Bread Cherry Oatmeal Bar</p>	<p>30 Sloppy Jo w/ Cheese/Bun Pickle Spear Tater Tots Bronco Beans Cookie</p>

April hath put a spirit of youth in everything.

—William Shakespeare