Senior Happenings
November 2017

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432  Fax: 203-234-7185
Hours: Weekdays 8:00 a.m. to 4:00 p.m.
      Café: 203-239-4030
      Café Hours: Tuesday, Thursday and Friday
         9:00 am - 12 noon
www.town.north-haven.ct.us

Mission

The mission of the Center is to respond to the ever-changing needs of mature adults and Their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.

Manager and Municipal Agent for Elderly: Judy Amarone
email: amarone.judy@town.north-haven.ct.us
Secretary: Maggie Maiden
Transportation: Keith Baedor and Richard Kaman
Café Manager: Arlene Herzog
Daily, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation
Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Schedule
For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

No Daily Transportation on November 9, 10, and 23, 2017. As well as December 1, 6, and 25, 2017.

Mondays: (time frame for mini trips will be an hour and half from time of drop off)
Mini Trips:
Monday, November 20, 2017- Wallingford Walmart

Tuesdays: (time frame for grocery shopping will be an hour and half from time of drop off)
➢ Grocery Shopping

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)
➢ Errands to include – pharmacies, bank, post office, card shop
No Errands on November 29, 2017. Also on December 27, 2017.

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)
➢ Hairdressers, Barbers and Nail Salons
No Hairdresser, Barber, and Nail Salon on November 16, 2017

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)
➢ Grocery Shopping
No Shopping on December 1, 2017.

Medical Transportation *
Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual’s appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. Pickup times are approximate. Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and on a very limited basis to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor’s office; date and time of appointment; name of any other person who rider will be traveling with to doctor’s office.

No Medical Appointments on November 23 and 24, 2017. As well as on December 1, and 27, 2017.

Please Note:
A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there will not be a make-up day during that week for transportation.

Due to the uncertainty of the budget the part time driver position has not been posted. With that being said the hours of medical transports to doctors will be limited. Appointments for medicals will begin no earlier than 9am and you must be ready to go home by 12 noon. There may be times where you have to wait or go early since we are doing our best to serve your needs.
Don’t forget to join us for the largest fund raiser of the year!

NORTH HAVEN SENIOR CENTER
189 Pool Road  203-239-5432

ANNUAL CRAFT FAIR
Saturday, November 11 - 9:00 a.m. to 3:00 p.m.

Come and see our beautiful selection of
Crafts, Ceramics, Grannies Attic and More!

Refreshments for sale
Fried Dough Pizza, Meatball Subs,
Coffee, tea, soda

Ample Parking Available

A farewell to Marilyn Bedell our long time friend and oil painting instructor. Marilyn, known to many as MiMi, became ill over the Columbus Day weekend. Sadly she has passed away that week leaving many hearts saddened by this news. For those that did not know her commitment, MiMi taught oil painting in Town for over 40 years. In those years MiMi would have novice painters come to her and she would teach them how to discover the world of color, bringing out an artist in all. Her dedication to her work went way beyond the classroom. Over the years long time friendships were formed. Her warmth, sense of life and openness to what the world had to offer, will forever warm our hearts. As we say goodbye to our friend let us all remember that each day we are faced to accept what we cannot change moreover an opportunity to make a transformation challenging our hidden talents to come alive with a blank canvas and a palette of color. “Make your lives a masterpiece, you only get one canvas.”
— E.A. Bucchianeri, Brushstrokes of a Gadfly

Did you see our new Holiday Bazaar Signs?
If so a warm and heartfelt thank you to Joe Villano for donating and making such beautiful signs for our Holiday Fair.

Just some friendly reminders: coffee is served from 9am-1:30 pm, payments for programs, classes, special events etc. are accepted in the office from 9am-2pm, and lastly transportation is canceled when schools in Town are closed, however the Center is still open. In the event schools have a delay the Centers’ transportation is delayed as well.
November Special Events…

Don’t be left out, there is more to do in November besides eating Turkey!!!

Tickets are on sale for the Holiday Party and the last day to purchase your ticket/s is Monday, November 20, 2017

Please refer to the flyer under the desk of Judy for detailed information.

- No late sales will be sold after November 20th unless of an unforeseen circumstance that prevented you to do so during the noted sale times. If you need to cancel you may sell your ticket/seat to another senior in Town. In this instance your replacement will not be able to change the food choice or seat if it is after November 20th.

- Please note that the office ticket sales begin at 9am and end at 2pm. If you are planning to sit with a group (10 seats per table), please note that tables seat 8 comfortably and 10 is somewhat crowded. It is asked that you have one designated person purchase the tickets, as well as having their meal choice. Forms for group seating are available in the office.

- Please remember that a paid ticket is a reserved ticket. Due to the popularity of the party no seats can be held without payment.

- Payment in the form of Cash Will Not Be Accepted. CHECKS are payable to the Treasurer Town of North Haven and please note in memo line of your check: “2017 Senior Center Holiday Party”.

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Monday, November 6 - Join together with North Havens’ Republican Town Committee for their annual pre-election pizza party gathering. This is free and open to all members/seniors of the Center. If you have not signed up as of yet, you have until noon on Wednesday, November 1st

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Tuesday, November 7- Election Day. If you travel by bus to the Center, and would like to exercise your right to vote, please inform the office the day before so we can plan accordingly.
Thursday, November 9 – Senior Center will be closed to get ready for the Holiday Fair. Transportation will not be canceled for Shopping and Medical Appointments. All Center activities will be canceled which includes the lunch program. All volunteers are asked to come to the Center for 9am to set up. Cookies may be dropped off as well.

Friday, November 10- Town of North Haven will be closed in Honor of Veterans Day. However, all volunteers are welcome to finalize the set up for the Fair. Judy will be here to work with you on the final touches.

Saturday, November 11- Holiday Fair from 9am – 3pm. This is the Centers’ largest fundraiser, Please spread the word it is the best Fair in Town!

Saturday, November 11- Happy Veteran’s Day. Thank you all for your service to our Country!

Sunday, November 12-Annual Rotary Pancake Breakfast will be held at the North Haven Middle School from 8am-1pm. Free tickets for members are available, one ticket per person, two tickets per couple. A warm note of thanks to Nick Cassella and The Haven’s family for their generosity and continued support of our members of the North Haven Senior Center. Tickets are available to first come first serve. Please remember to thank Nick and the Haven Family 😊

Computer Class

New Session begins on January 2, 2018
Call the Center to reserve your seat for the next session.
203-239-5432
4 week session

Residents Free Non Residents $5
Free and Open to All Residents
Ask the Nurse
Wednesday, November 8 and 22
12 noon-1:30pm - No appointment necessary

Mini Trip
to the Wallingford Walmart will be held on November 20

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space no later than November 13th

Free Book Lending Library
Our free book lending service allows members of the Senior Center to borrow many different books for free. This service operates on the honor system. We also are taking donations of books in GOOD condition for the Book Lending Library. Thank you in advance.

Thursday, November 16 - 12:30 pm Shop Rite Dietician is Back!!! Join together for a free fun filled afternoon and learn all about a Pumpkin Spice Diet. Of course there will be tasty pumpkin treats and again, it’s all free. If you have missed the demonstrations in the past here is your chance to join us. Register in the office by November 13, in person or by phone 203-239-5432

It is open enrollment time and as always a time to either stay or switch your healthcare coverage. Do you know your Choices?

Maureen Fiore, a member of the Center and a Certified Trained Volunteer Choices counselor for the Agency on Aging of South Central CT, will be here on Wednesdays from 11am-12 noon to answer your questions helping you to understand what your health care choices are as you prepare for your 2018 insurance needs. The Choices Program helps Connecticut older adults, and other people with Medicare understand their Medicare coverage and healthcare options. As a Certified Choices volunteer, Maureen has knowledge in: Medicare, Medicaid Prescription Drug benefits and Supplemental Medigap policies. Choices counselors can also provide information on federal and state programs that may help low income Medicare beneficiaries pay for some or all of your prescription drugs, healthcare premiums, deductibles and copays.

Choices counselors do not sell insurance or recommend one plan over another.
Medicare 2018 Open Enrollment

It’s that time of year again where you will make a decision to stay with your current health insurance plan or choose to join another plan. Do you know if your plan is changing to meet the needs of 2018? Did you know Medicare health and drug plans change each year? Do you have questions and need answers, if so plan on attending an informational session and learn all about Medicare 2018. **Nick Cassella from Health Insurance Associates will be at the Center on Friday November 17, 9-10 am.** You may learn that you are paying too much each month for your insurance plan as well as learning how you can save with the Medicare Savings Program. Remember Open enrollment is only from October 15 thru December 7, 2017. All current and soon to be on Medicare are encourage to attend. RSVP by Monday November 6th by calling 203-239-5432 or stop by the Center.

*All in attendance will learn what Medicare 2018 has to offer as well as a gift bag*

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**Tuesday, November 21-** Recap of the Holiday Fair at 10 am in the large community room. All volunteers are asked to join this meeting to discuss the fair, your input is important. Donuts and coffee will be served. Register in person or by phone 203-239-5432 by Friday, November 17.

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**Free Movie**
November 30, 1:30 pm

*Kate & Leopold* is a 2001 romantic-comedy fantasy that tells a story of a duke who travels through time from New York in 1876 to the present and falls in love with a woman in modern New York. The film is directed by James Mangold and stars Meg Ryan, Hugh Jackman and Liev Schreiber.

*Hot Fresh Made Popcorn Will Be Served*
Midnight at Noon
Wednesday December 27, 2017
11:30 am - 2:00 pm

Menu: Catered by Zandri’s
Meatless lasagna, Meatballs, Garden Salad,
Dessert, Coffee, Tea,
Holiday Punch (non-alcoholic), and Dessert

Entertainment brought to us by Sal Anastasio.

Collection for Midnight at Noon begins on
Tuesday, November 21
Collection times 9am – 2pm

Checks Only and Payable to:
Treasurer, Town of North Haven
$15 per person

Please note that all members are part of the Senior Center Family, however, due to the popularity of this event, as with all events, residents have first preference. Non residents may sign up beginning Monday, December 4, 2017

In planning ahead there will be no activities on this day with the exception of the Midnight at Noon Party. Daily transportation will be provided, however there will be no errands or medical transportation. Please plan accordingly.
Tuesday, November 21 - Commission on Aging at 6pm. As with all Commission meetings in Town the Public is Welcome to attend.

Thursday, November 23 - Closed in Celebration of Thanksgiving. We are open on Friday the day after, so please remember that the lunch program is closed. Bring your lunch and stay for the day

Save the Dates…

Tuesday, December 5 - Senior to Senior Breakfast. This is one of my most favorite events in Town where North Haven High School students invite us (YOU) to the high school for breakfast. All the breakfast treats are made by the Culinary Arts Department. Registration starts November 6 thru November 30.

- If you would like to travel by bus please inform staff at the time you register. For our drivers, please meet at the Center by 8:15am. Non Drivers will be picked up no later than 8:30am. As well as breakfast, there are free raffles, caroling, and above all interacting with our youth in Town. Support our students and plan on participating in their Senior to Senior Breakfast.

Tuesday, December 5 - Caroling and Tree Trimming with our Senior Songsters. Bring a friend or family member in preparing for the holiday season. Cookies will be served and all are welcome!

Monday, December 18 - Parkinson’s Support Group, 1-2pm Join us to share your experience, challenges and concerns. Register with the Center 203-239-5432 or by calling 1-866-474-5230. Sponsored in Collaboration with the Town of North Haven and VNA Community Healthcare.

Friday, December 22 - New Date! Cupcake Decorating, 10:00am (Free!) If you missed out on the Fall Cupcake Decorating, now is your chance to join in on the fun! Registration begins on November 17th and ends on December 15th.

Thursday, December 21 - Chocolate Holiday Lollipop - Make and Take it For December. Come for a fun filled morning and take home six lollipops made by you. You can eat them or give them away. Registration begins on December 1 and ends on December 11th. $3 payable upon registration.
**Paid and Unpaid Classes***

Registration begins four weeks prior to class start date. If there is availability for non-residents, they may register two weeks prior to class start date. All checks made payable to: Treasurer Town of North Haven Senior

Unless otherwise noted*

Registration will be taken Monday through Friday from 9:00 a.m. to 2:00 p.m.

A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors are based on payment once the class is filled.

*Sponsorships for paid classes may be available, please see Judy

**COMPUTER CLASSES** – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. **Session:** September 5 through October 3. Call now to sign up for the next available session.

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. **Session:** Tuesday, September 12 through Tuesday, November 28. **Cost:** $30 for residents and $35 for non-residents. A list of supplies will be given to you prior to the first class. **Participants:** Min/Max: 12/16.

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. **New session begins:** Monday, January 8 thru Wednesday, March 28, 2018. Sponsored by the VNA Community Healthcare. Sitercise will focus on increasing muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; a specially designed program for those 50 and older who are at risk for falls. **Cost:** $30 for residents. Maximum participants 15 people. *Checks payable to VNA Community Healthcare. Next registration begins December 18th. Reminder this class fills quickly.* 😊

**ADVANCED TAI CHI** – Thursday’s only, 10:00 to 11:00 a.m. **Session:** Thursday, September 14 through Thursday, December 14, no class on Thursday, November 23. Sponsored by the VNA community Healthcare. Tai Chi is designed to increase balance and stability; helps you stay on your feet; as well as helping to manage arthritis. Checks Payable to VNA Community Healthcare. **Cost:** $15 for residents, $20 for non-residents. **Class Filled.**

**BEGINNER TAI CHI** – Monday’s only, 10:00 to 11:00 a.m. **Session:** Monday, September 18 through Monday, December 18. Sponsored by the VNA community Healthcare. Tai Chi is designed to increase balance and stability; helps you stay on your feet; as well as helping to manage arthritis. Checks Payable to VNA Community Healthcare. **Cost:** $15 for residents, $20 for non-residents. Maximum participants 15 people. Maximum participants 15 people. **Class Filled.**

**BEGINNER CHAIR YOGA** - Tuesday, 10:30 to 11:45 a.m. **New Session:** Tuesday, November 28 through Tuesday, February 13, 2018. **Cost:** $50 residents, $55 non-residents. Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. **Participants:** Min/Max 12/12. Registration for the next class begins on November 3 for Residents. Non Residents Registration begins on November 17. Checks only and Payable to Treasurer Town of North Haven. Payment is taken from 9am-2pm.
GENTLE HATHA YOGA - Thursday, 1:00 to 2:15 p.m. New Session: Thursday, December 14 through Thursday, March 1, 2018. Cost: $50 residents, $55 non-residents. Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. Participants: Min/Max 12/12. Resident Registration for the next session will be on November 16. Non Resident Registration November 30. Checks payable to Treasurer, Town of North Haven. Payment is taken from 9am-2pm.

Thank you for your donation...
Carole Labagnara, Martha Vincent, Frank Cheesman, And Legacy Group, LLC

Welcome to our New Members...
Frank&Marie O’Neill, Debbie Mento, Charles&Marie Zambrano, Naomi Crane, Georgiana Antonelli, Diane&Paul Koval
Lorraine O’Hare, Roxanne Turekian

Trips sponsored by Silver Mill Tours
The following are additional trips being offered by Silver Mill Tours through the North Haven Senior Center. Detailed flyer information is located at the Senior Center on the bulletin board. The Senior Center will not be taking any reservations or payment for any of the below trips. If you cannot make it in to register, you can have a friend sign you up! Both resident and non-residents can register at the same time; there is no extra cost for non-residents. This is a first come first serve reservation; no special requests (i.e.; sitting in the front) are accepted, come early to register! All checks must be made payable to Silver Mill Tours and they do accept credit cards. There will not be a Senior Center Staff Member present on any of these trips; all trips are provided by a Tour Guide from Silver Mill Tours. An extensive description of these trips is provided at the Senior Center on the bulletin board in the community room. Pickup for these trips will be at the Devine Street Parking Lot, not the Senior Center. Registration time is 9:30 to 11:30 a.m. at the North Haven Senior Center, 189 Pool Road, North Haven.

Please call Rose Lagasse at 203-235-2668 for Registration dates.
Upcoming Trips

- **Kittery, Maine:** Holiday Shopping & Lobster Bake at Foster’s – Saturday, November 11, 2017; cost $115 with lobster bake; $75 without lobster bake.

- **2017 Christmas Spectacular at Radio City Music Hall** – Sunday, November 19, 2017; cost $175 with lunch at Carmine’s.
MONTHLY ACTIVITIES

Mondays:
  9:00: Line Dancing
  9:15: Fitness Fun
  10:00: Canasta
  10:00: Beg Tai Chi
  10:30: Sitercise
  12:30: Bingo
  1:00: Pinochle

Tuesdays:
  9:00: Ceramics
  9:00: Beg/Int Computer Class
  10:00: Chair Yoga
  12:30: Mah Jongg
  12:45: Oil Painting
  1:15: Senior Songsters

Wednesdays:
  9:00: Line Dancing
  9:30: Fitness Fun
  10:30: Sitercise
  12:00: Mah Jongg; Intermediate Bridge
  12:30: Bingo

Thursdays:
  9:00: Ceramics; Pinochle
  10:00: Advanced Tai Chi
  10:00: Crafts
  12:30: Canasta
  1:00: Gentle Hatha Yoga

Fridays:
  9:30: Fitness Fun; Scrabble
  12:00: Intermediate Bridge
  12:30: Bingo; Setback; Pinochle
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<td>Monday</td>
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<tr>
<td>¾ cup Butternut squash and apple soup</td>
<td>2 unsalted crackers</td>
<td>3 oz Mediterranean Grilled chicken with spinach, and tomato</td>
<td>½ cup Bowtie noodles</td>
<td>1 slice Rye bread</td>
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<tr>
<td>3 oz Eggplant rollatini Parmesan cheese</td>
<td>½ cup Fresh zucchini</td>
<td>1 cup Tossed salad with olives and raspberry vinaigrette</td>
<td>1 slice Italian bread</td>
<td>1 tsp margarine</td>
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<tr>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>4 oz Cranberry juice</td>
<td>½ cup Fruited jello</td>
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<tr>
<td>3 oz Veal Parmesan</td>
<td>½ cup WG Ziti with marinara sauce</td>
<td>½ cup Broccoli Parmesan cheese</td>
<td>Garlic bread</td>
<td>Fresh fruit</td>
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<tr>
<td>6 oz Corn chowder</td>
<td>1 pkt unsalted crackers</td>
<td>Chef salad with 1 cup romaine, 1 oz turkey ham, 1 oz cheese, ½ hard cooked egg</td>
<td>French dressing</td>
<td>Wheat dinner roll</td>
</tr>
<tr>
<td>6 oz Corn chowder</td>
<td>1 pkt unsalted crackers</td>
<td>Chef salad with 1 cup romaine, 1 oz turkey ham, 1 oz cheese, ½ hard cooked egg</td>
<td>French dressing</td>
<td>Wheat dinner roll</td>
</tr>
<tr>
<td>3 oz Chicken parmesan</td>
<td>½ cup WG Penne with marinara sauce</td>
<td>Parmesan cheese</td>
<td>1 cup Tossed salad with cucumber and Italian dressing</td>
<td>1 slice Italian bread</td>
</tr>
<tr>
<td>3 oz Chicken parmesan</td>
<td>½ cup WG Penne with marinara sauce</td>
<td>Parmesan cheese</td>
<td>1 cup Tossed salad with cucumber and Italian dressing</td>
<td>1 slice Italian bread</td>
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<tr>
<td>3 oz Crab cakes/tartar sauce/lemon</td>
<td>½ cup Brown rice and orzo pilaf</td>
<td>½ cup Zucchini and tomato</td>
<td>1 slice Rye bread</td>
<td>1 tsp margarine</td>
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<td>8 oz low fat milk</td>
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MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat MargarineAll non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enrichAll Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt.
# Lifebridge Community Services “CHOICE” MENU

**Nutrition for Mind, Body and Spirit**

**November 2017**

<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>¼ cup Butternut squash and Apple Soup/LS Crackers</td>
<td>2 oz Thin Sliced Medium Roast Beef &amp; 1 oz Sliced Cheese W/Onions &amp; Tomato on Kaiser Roll</td>
<td>1 tsp Mayo/ Mustard</td>
<td>1/2c. Potato Salad</td>
<td>½ cup fresh fruit</td>
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<tr>
<td>6 oz. LS Beef Broth W/Vegetables &amp; Orzo/LS Crackers</td>
<td>1/2c Egg Salad on Multigrain Bread</td>
<td>1/2c Coleslaw</td>
<td>Fresh Fruit</td>
<td>8oz LF Milk</td>
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<tr>
<td>6 oz Corn Chowder</td>
<td>1 pkt LS crackers</td>
<td>Chef Salad – 1 oz LS Fresh Roast Turkey/1 oz Cheese &amp; 1 Hard Cooked Egg, LS DRESSING</td>
<td>1 Small Whole Wheat Roll</td>
<td>½c. Tomato, Cucumber, Onion, Basil Salad</td>
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</tbody>
</table>

**MINIMUM PORTIONS SERVED AT EACH MEAL:** All non-citrus juices are Vit C fortified

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. Protein 1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched