



February 2026 Dinner Specials



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Beef Stew Dinner Roll Sautéed Kale and Mushrooms	2 Lemon Pepper Tilapia Wild Rice Steamed Carrots	3 Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	4 Meatloaf Mashed Potatoes Sautéed Zucchini	5 Sausage & Kale Alfredo Sweet Potato House Salad	6 Niçoise Salad French Bread Tomato Basil Soup 	7 BBQ Ribs Baked Beans Corn on the Cobb
8 Brisket Corn Bread Roasted Carrots	9 Beer Battered Cod Macaroni Salad Classic Carrot Salad	10 Chicken Alfredo Focaccia Bread Roasted Brussel Sprouts	11 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	12 French Dip Potato Wedges Coleslaw	13 Pork Tenderloin Macaroni & Cheese Roasted Broccoli	14 Pesto Salmon Garlic Parmesan Orzo Asparagus 
15 Turkey Picatta Mushroom Barley Roasted Carrots	16 Turkey & Quinoa Stuffed Peppers Dinner Roll Spinach Soufflé	17 Shepard's Pie Corn Bread Quinoa Kale Salad	18 Cobb Salad Quinoa & Rice Pasta Salad	19 Burger Bar Onion Rings Greek Salad	20 Chicken Parmesan Garlic Bread Green Beans	21 Chinese Beef with Broccoli and Rice Veggie Spring Rolls Pot Stickers
22 Tacos Al Pastor Spanish Rice Chips and Guac	23 Lemon Caper Chicken Steamed Rice Green Beans	24 Gyro Couscous Hummus & Veggies	25 Crispy Chicken Sandwich Macaroni & Cheese Creamed Spinach	26 Shrimp Scampi Bread Stick Asparagus	27 Carnitas Burrito Bowl Rice and Beans Chips & Guacamole	28 Stuffed Shells Garlic Bread Chopped Spinach



A La Carte

Entrée.....\$7.75
 Starch.....\$2.00
 Vegetable.....\$2.00

February is American Heart Month & Friday February 6th is **Go Red for Women Day**. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 6th! But don't just wear red.

Get your numbers. **O**wn your lifestyle. **R**ealize your risk. **E**ducate your family. **D**on't be silent.



Hypertension: Understanding a Silent Killer

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Chronically high blood pressure — or hypertension — can cause damage to your blood vessels and internal organs including your heart. Currently affecting nearly half of adults in the United States, hypertension has been called a silent threat because the condition itself has no symptoms. However, the effect on your body can be life-threatening over time. Engaging in healthy lifestyle behaviors at all stages of life can help to decrease your risk.

What You Can Do about High Blood Pressure The first thing you can do is visit your doctor for routine checkups. Chronic hypertension increases the risk for cardiovascular disease and other serious health issues. Even though high blood pressure rarely shows symptoms, the abnormal force of blood through the arteries, over time, can cause damage to your organs, including your heart, blood vessels and kidneys. Blood pressure is typically checked each time you visit the doctor's office. A blood pressure of less than 120 over 80 is considered healthy. The top number, known as systolic pressure, often gets more attention when discussing the severity of high blood pressure. However, it's important to keep both numbers in the healthy range. If necessary, your doctor will discuss treatment options. Meanwhile, a registered dietitian nutritionist can provide you with guidance on a healthy lifestyle to help lower your blood pressure.

Hypertension Risk Factors Your risk of developing hypertension is based on a combination of factors. Some risk factors are things that can be controlled, such as diet, activity level, and tobacco and alcohol use. Other risk factors cannot be controlled, including age, race and genetics. Individuals who have diabetes, are pregnant or have a body mass index (BMI) in the obese category also are at increased risk for hypertension.

Healthy Lifestyle Choices to Reduce Risk of Hypertension Getting regular physical activity, limiting alcohol consumption, avoiding tobacco and focusing on a healthful eating style are all ways to help reduce your risk of developing hypertension. Adults should aim for at least 150 minutes per week of moderate-intensity physical activity. This includes activities such as brisk walking and bicycling.

Additionally, alcohol consumption is associated with increased blood pressure. Adults of legal drinking age who choose to drink (and it is not contraindicated, such as during pregnancy), should limit alcohol to one drink per day for women and no more than two drinks per day for men. Avoiding alcohol altogether may be more beneficial for health. Since most Americans are getting too much sodium from the foods they eat, it's important to learn ways to reduce it. Simply lowering sodium intake may have a significant impact on blood pressure and improve overall health. Individuals at risk of high blood pressure may be advised to follow the Dietary Approaches to Stop Hypertension (DASH) diet to lower their blood pressure. The DASH eating pattern is rich in fruits and vegetables and low in saturated fat and sodium. Studies show that the DASH diet can help lower your blood pressure.

Keeping up with regular health appointments is important, especially if you have a chronic condition like diabetes. Remember that high blood pressure rarely shows symptoms, so following a healthy lifestyle can help to lower your risk.