

USA F

january

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>THIS JANUARY</p>  <p>Choose My Plate For Better Health!</p> <p>In general, the MyPlate platform focuses on the following messages to help people make healthy lifestyle choices:</p> <ul style="list-style-type: none"> Balance Calories: Enjoy your food, but eat less. Avoid oversized portions. Go for Fiber: Make half your plate fruits and vegetables. Make at least half your grains whole grains. Switch to fat-free or low-fat (1%) milk. Watch Fat: Choose low-sodium options with chips, breads, & frozen pizza. Drink water instead of sugary drinks. 		1	 <p>Live Well! Just for \$4.95</p> <p>Krabby Chicken Tender</p>	3	4	 <p>Savor the Season</p> <p>CELEBRATE Winter</p>
6 Beginning Tomorrow at your DFAC- MIGHTY BOWL	 <p>MIGHTY BOWL</p> <p>FEATURING GLOBALLY INSPIRED GRAIN BOWLS PACKED WITH FLAVOR</p>	8 Ancient Grains and Ethnic Flavors Merge for a Perfect Bowl	9	10 Wingin' It at the DFAC	 <p>WING THING</p> <p>No Sauce Baked OR Sauce It Up</p> <p>Choice of Roman BBQ, Sweet Chili, Traditional Buffalo, BBQ Sauce</p> <p>4.95</p>	12
Check out some of our new DFAC features- healthy, delicious and for a limited time only		 <p>French Dip</p>		 <p>Hawaiian Pizza</p> <p>ham, pineapple, mozzarella, honey mustard brown sugar glaze</p> <p>850 cal</p>		 <p>Bangkok Sriracha Slaw Chicken Sandwich</p>
20 Celebration Meal at DFAC Tomorrow	 <p>LIVING THE DREAM</p> <p>what are you doing for others?</p>	22	23	 <p>CHICKEN & GRAPE POWER SALAD</p>	25 Chicken & Grape Power Salad All Month @ Fairways	26
 <p>Cobb Turkey Burger</p>	28 Cob Turkey Burger All Month @ Ten Pin	29	 <p>KEY WEST SHRIMP CAESAR</p>	31 Grab a Key West Shrimp Caesar at Community Center		 <p>Oranges</p> <p>The Orange was the first fresh fruit to bear a trademark. In 1919, the California Fruit Growers Exchange turned SunKissed on their Oranges.</p> <p>The Orange is technically a hesperidium, a type of berry.</p> <p>Nutrients in Oranges are plentiful & diverse. The fruit is low in calories, contains no saturated fats or cholesterol & is rich in the dietary fiber, pectin.</p> <p>enjoy an Orange this month</p>



For more information on daily offerings at your cafe, please visit: www.aramarkcafe.com/usaf