

# August 2024

## Highland Senior Center

Department of Senior Affairs

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

131 Monroe NE Albuquerque, NM 87108

505-767-5210

### Message from the Center Manager

We are now halfway through 2024, and we truly value your essential contributions to our mission. The support from our surrounding communities is invaluable in enabling us to carry out our work effectively. A heartfelt thank you for backing all DSA facilities. Let's take a moment to acknowledge and express gratitude to the entire team, administration, instructors, sponsors, and volunteers – from the frontline staff to the kitchen crew and everyone in between. Their unwavering dedication, hard work, and commitment have been instrumental in our program's remarkable success. Our staff has put in tremendous effort to create a vibrant, inclusive, and innovative environment for our seniors to connect, learn, and thrive. We take joy in our work, and we hope it reflects in what we do. If you have any questions or concerns, please don't hesitate to approach me. Your ongoing support and participation mean the world to us!



**Chris Rogers**  
Center  
Manager

Chris Rogers

# Fall

### Hours of Operation

**Monday - Friday**

**8:00am - 5:00pm**

**Wednesday**

**8:00am - 7:00pm**

**Saturday**

**10:00am - 4:00pm**

### Highland Staff

**Chris Rogers**  
Manager

**Vacant**  
Program Coordinator

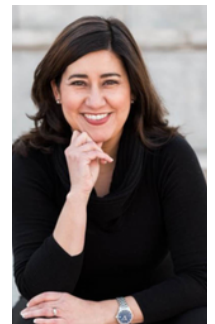
**Gloria Ortiz**  
Office Assistant

**Vacant**  
Program Assistant

**Anna Wood**  
Program Assistant

**Mike Berry**  
General Service

**Richard Tucker**  
Cook/Chef



**Anna Sanchez,**  
Director  
Department of  
Senior Affairs

**ONE  
ALBUQUE  
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**ncoa**  
National Council on Aging

# General Information

3rd Tuesday of every other Month Presentations  
No Appointment Necessary!

On Tuesday, August 20th, 2024, SCLO will host a free group presentation on Estate Planning (including wills, probate, powers of attorney) and Medicaid coverage for nursing homes. The sessions will occur every other month on the 3rd Tuesday. To attend, seniors must sign up at the Highland front desk. The schedule is as follows:

- 1:00pm: General lecture covering wills, probate, and powers of attorney.
- 2:00pm: Discussion on Medicaid coverage for nursing homes, home & community-based services.



Please carefully review the instructions and information pertaining to the Senior Law office.

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic on the 1st Wednesday of each month. You must Contact the Senior Law Office 265-2300 to Schedule your (Power of Attorney Clinic) Appointment for the Wednesday Clinics.

1st Wednesday of Each Month  
By Appointment Only

On Wednesday, September 4th, 2024, SCLO will host a Power Of Attorney Clinic starting at 9 am, available by appointment only. During this clinic, an attorney will meet one-on-one with seniors to offer legal advice. To schedule a General Legal Clinic, contact the Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will still be arranged through SCLO at 505-265-2300.

Did you know that you can view all of our current activities on our City of Albuquerque website?

For all information on services, monthly menu and individual centers please log on to:  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

We are also on Social Media look for us there!



## SENIOR CITIZENS LAW OFFICE

### Important Information for Seniors:

#### Please be aware of the following:

- Appointments for all general legal clinics will be arranged through the Highland Senior Center front desk, not directly with SCLO.
- For Powers of Attorney clinics, appointments will still be made with SCLO at 505-265-2300.
- The Medicaid/Estate Planning Presentation will be held exclusively in February, April, and June at the Highland Senior Center.

# Highland On-Going Activities

## Monday

8:00am-12:00pm Arts Mart/Flea Market  
8:15am-10:00am Adapted Aquatics  
9:00am-10:00am Exercise to Music  
10:00am-11:30am Gathering of Artists  
10:15am-11:15am Gentle Exercise  
12:30pm-2:00pm Adapted Aquatics  
2:00pm-4:15pm Bingo

## Tuesday

8:15am-9:15am Flex & Tone  
9:30am-12:00pm Watercolor  
10:30am-11:30am Energy Yoga  
10:00am-11:00am Beginning Ball Room  
10:00am-12:00pm Mah Jongg  
12:30pm-4:30pm AARP Smart Driver Class  
(every 1st)  
1:00pm-3:00pm Conversation Spanish  
1:00pm-3:00pm Senior Citizen's Law  
Office (every 3rd Tues. of every other month  
see page 2 for more details)  
2:00pm-3:30pm Intermediate Line Dancing  
2:00pm-4:00pm Rainbow Artists

## Wednesday

8:30am-12:30pm GEHM Clinic (every 1st)  
8:15am-10:00am Adapted Aquatics  
9:00am-10:00am Exercise to Music  
9:00am-12:00pm Senior Law Office Appts.  
(every 1st) (See Page 2 for more details)  
10:00am-12:00pm Highland Harmonizers  
10:15am-11:15am Gentle Exercise  
1:00pm-3:30pm Mexican Train Dominoes  
1:00pm-3:30pm Knitting & Crocheting  
12:00pm-12:30pm Birthday Celebration  
(every 1st)  
2:00pm-3:30pm Beginning Line Dancing  
5:30pm-6:30pm ORCA Loss Group  
4:30pm-6:30pm Beginning Ukulele

## Thursday

8:15am-9:15am Flex & Tone  
10:30am-11:30am Tai Chi  
2:00pm-4:00pm Senior LGBT Meeting  
(every 2nd)  
2:30pm-4:30pm ORCA Game Time (1st & 3rd)

## Friday

8:15am-10:00am Adapted Aquatics  
9:00am-10:00am Exercise to Music  
9:30am-11:00am Rosemalers  
10:15am-11:15am Gentle Exercise  
12:30pm-2:00pm Adapted Aquatics  
2:00pm-4:00pm Afternoon Matinee

## Saturday

10:00am-12:00pm Rosemalers (every 2nd)  
10:00am-12:00pm Corvairs of NM (every 1st)  
10:30am-12:00pm Improver Line Dancing  
1:30pm-3:30pm Music Jam Session (every  
2nd)

Please see our bulletin  
board for details about  
on-going classes

### Our Mission

The Department of Senior Affairs is  
committed to Providing resources  
with care and compassion that help  
our community thrive while  
embracing aging.



# What's Happening at Highland

## LET'S DANCE PAUL PINO



**PAUL PINO & THE  
TONE DADDIES**

**HIGHLAND SENIOR CENTER  
THURSDAY AUGUST 22, 2024  
2:00PM-4:00PM**

### **BE BRAVE:** with **HEART** a fall recovery class

a dynamic 90 minute session of Discussion & Practice about preventing falls, what to do when you have fallen and how to get up



#### **Highland Senior Center**

**1:30 pm - 3:30 pm**

**Thursday August 15, 2024**

Participation is strongly encouraged. Firemen, Physical Therapists or Occupational Therapists will be available to answer questions.

By practicing fall recovery, confidence in one's own abilities will increase reducing the fear of falling.

**Please be prepared to participate**

For more information contact:  
Lt. Athena Valerio-Hirschfeld 505.768.3791

**Home Engagement Alternative Response Team**



## UPCOMING EVENTS

**PARKLAND  
VILLAGE  
LOBBY  
10:30AM-12:30PM**

**AUG  
1**

**COA-ANIMAL  
WELFARE  
LOBBY  
10:00AM-12:00PM**

**AUG  
5**

**AFR  
INFO BOOTH  
LOBBY  
9:00AM-10:30AM**

**AUG  
6**

**AFR-FALL  
RECOVERY  
CLASS  
RM 8  
1:30PM-3:30PM**

**AUG  
15**





## Coordinator Corner

Beneath July's toasty rays, a cool breeze danced through the air, luring us indoors to snuggle up in serenity, akin to a lazy Sunday morning. Amid this zen, we toasted to Independence Day, sharing giggles with our nearest and dearest. Wrapping up the month, our escapades whisked us away to the lively streets of Madrid, where we gallivanted like a pack of Wild Hogs. Let the mysteries of summer guide you: stay chill, discover your oasis, and treasure your spirit and pals. Ponder this: Summer equals joy and radiant sunshine! The real magic happens between June and August.

**Chris Rogers, Center Manager**

*Closed*

**The following Senior Centers  
will be closed Monday through Friday,  
August 5 – August 9:**

**Highland S.C.**

**Palo Duro S.C.**

**Palo Duro Sports & Fitness Center**

**Barelas S.C.**

**Bear Canyon S.C.**

**All other centers will  
be open at that time.**

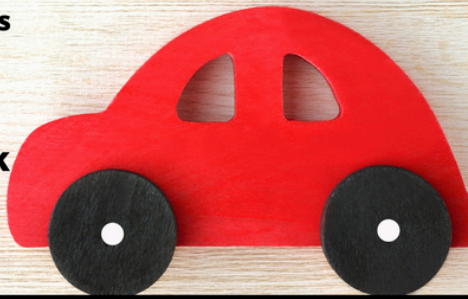
# Classes

## AARP Smart Driver Course

**1st Tuesday every Month  
12:30pm- 4:30pm**



**Cost: \$20 for AARP members  
\$25 Non-members  
Sign up Required at the front desk**



AARP



**Older Adults' Medical & Wellbeing Checks**

## UNM GEHM CLINIC

**CLINICS WILL BE THE LOBBY ON WEDNESDAY  
FROM 8:30AM TO 12:30PM  
TIMES AND DATES ARE SUBJECT TO CHANGE**

- January 3rd
- February 7th
- March 6th
- April 3rd
- May 8th
- June 5th
- July 3rd
- August 7th
- September 4th
- October 2nd
- November 6th
- December 6th

## BEGINNING

## LINE DANCING

**Don't miss out on this awesome opportunity!**



**Join our class every Wednesday.  
2:00pm- 3:30pm and enjoy learning some basic line dancing steps!**

**HIGHLAND SENIOR CENTER  
WEDNESDAYS  
2:00PM-3:30PM  
SOCIAL HALL**

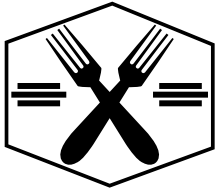
## HIGHLAND JAM SESSION

**We jamming! We jamming! Come on and jam with us!!! The jam session is open to anyone who wants to sit-down and share the gift of music with others. See ya there!!**

**2ND SATURDAY OF THE MONTH  
1:30PM-3:30PM**

**Bring an instrument or two if you have one, so we can share. Come share your musical experience with old friends or meet new people while jamming!**

# Information



## LUNCH RESERVATIONS MUST BE MADE BY **1:00PM** ONE DAY IN ADVANCE

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

If you don't have a reservation, you can wait until 12:30 pm for any cancellations. Reserved meals not claimed by 12:30 pm will be given to those waiting on a first-come, first-served basis.

Unclaimed meals are considered waste, affecting low-cost services.

**Reminder:**  
Meals are to be consumed at the center in the Social Hall. Take out meals are not permitted.



Y Z Y A D E L F F A W O E S G  
 G A A Y A D M U R C I Y Y K B  
 Y A D A I G R O E G A S A I O  
 A F O A K L I P M D Y T D L W  
 D Y T U P D A J S A T E D Y D  
 R A A V O I B R D R F R A A A  
 A D T D D Z U N Y I B D E D Y  
 L Y O E P A O X A N A A M L M  
 L Z P A S I R Y D G L Y O L Y  
 O A I O L K S M L E Y G I A D  
 D L N D C C P S L Y A D D B C  
 V I N Y L R E C O R D D A Y E  
 D K I D S D A Y D G G P H A K  
 E T Y A D O C C E S O R P L D  
 W A T E R M E L O N D A Y P E



- |               |                  |               |
|---------------|------------------|---------------|
| POTATO DAY    | PROSECCO DAY     | DOLL DAY      |
| MEAD DAY      | RUM DAY          | DINOSAURS DAY |
| PLAY BALL DAY | LION DAY         | CBD DAY       |
| LAZY DAY      | VINYL RECORD DAY | KIDS DAY      |
| DOG DAY       | BOW DAY          | GEORGIA DAY   |
| WAFFLE DAY    | WATERMELON DAY   | CAT DAY       |
| DOLLAR DAY    | IPA DAY          | GOSSIP DAY    |
|               | OYSTER DAY       |               |

# Department Participant Code of Conduct

In order that all participants experience a pleasant visit and experience at the centers, participants are expected to respect the rights of others and to adhere to the following Code of Conduct. Failure to observe rules of conduct may result in disciplinary action, including suspension from the program.

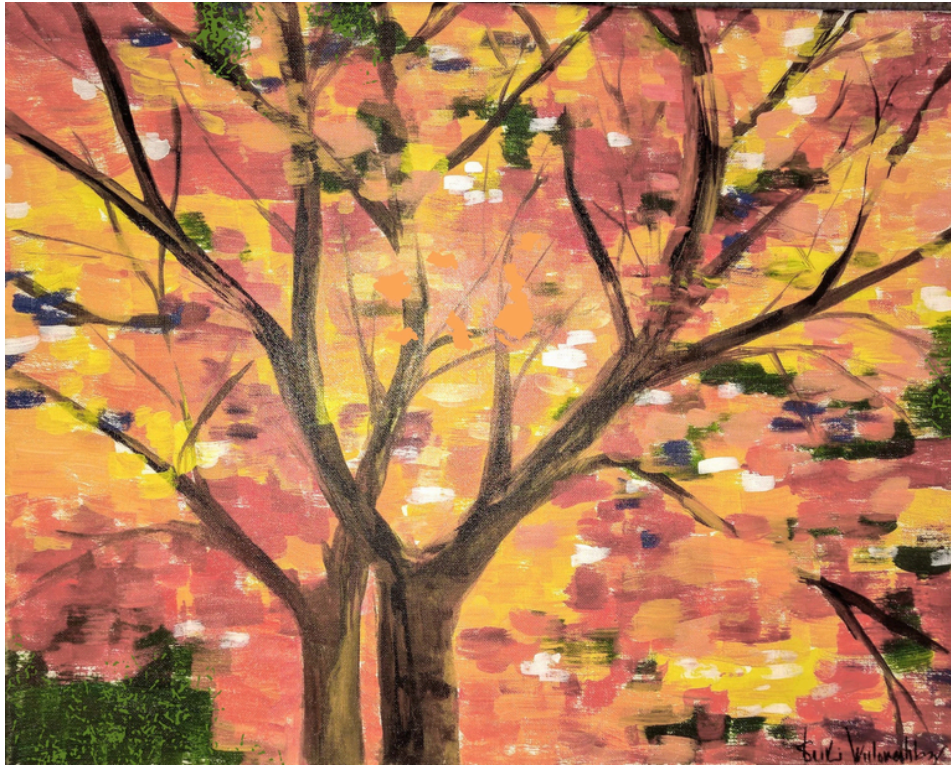
1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.



## PAINTING WITH SUKI



**Fall is bursting with color, so grab your paintbrush and dive into a world of creativity with Suki's enchanting art sessions! Want a golden ticket to her artistic realm? If you haven't joined Suki's painting party yet, you're missing out! Throw your name into the hat – we're giving every member a shot at unleashing their inner artist. Only 8 lucky winners will secure a spot at this exclusive art bash. Hurry, jot down your info at the front desk! The big reveal is on August 9th, and if luck is on your side, expect a joyful call on August 10th!**

**Save the date for the art extravaganza on**

**Wednesday, August 14th.**

# AmeriCorps Senior Programs



VOLUNTEERS



## AGE 55+ VOLUNTEERS NEEDED!

**JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.**



**AmeriCorps Seniors is a suite of national volunteer programs made up of three programs that each take a different approach to improving lives and fostering civic engagement. AmeriCorps Seniors is funded by AmeriCorps and by the NM Aging & Long-Term Services Department. The City of Albuquerque's Department of Senior Affairs is proud to sponsor these programs for over 40 years!**

**For more information visit [cabq.gov/seniors/volunteer-opportunities](http://cabq.gov/seniors/volunteer-opportunities)**

### FOSTER GRANDPARENT PROGRAM

Help kids learn, and guide students to higher academic achievement. The Foster Grandparent Program connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend.

For more information, **Call (505) 764-6412.**

### SENIOR COMPANION PROGRAM

Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend.

For more information, **Call (505) 764-1007.**



### RSVP

#### (RETIRED & SENIOR VOLUNTEER PROGRAM)

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years, or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute.

For more information, **Call (505) 767-5225.**



# Daily Breakfast & A-la-Carte-Menu

## Breakfast

Monday-Friday  
8:00 a.m. – 9:00 a.m.

- Full Breakfast \$1.50**  
2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla
- Mini Breakfast 75¢**  
1 eggs, 1 bacon or Sausage, Hash Browns, toast or tortilla
- Breakfast Burrito \$1.50**  
egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile
- English Muffin Sandwich \$1.00**  
1 egg, Bacon or Sausage, Cheese

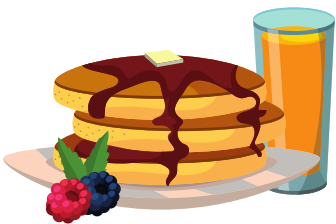
## Specials

- Huevos Rancheros \$1.50 (Tuesday & Thursday Only)**  
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

## Al-la-Carte

- 1 Egg 25¢ (each)  
Bacon or Sausage (2 per order) 50¢  
1 Pancake 25¢ (each)  
1 French Toast 25¢ (each slice)  
Hash Browns 30¢  
Side of Red or Green Chile 25¢  
Hot Cereal (Oatmeal w/Milk) 70¢  
Waffle (Plain) \$1.00 (Fridays only)

See our Full A-la-Carte Menu at our  
Front Desk!



**\*\*Friendly Reminder,**  
**Meals are to be consumed in the Social**  
**Hall and are not permitted to take out.**  
**Thank You for your cooperation!**

## Lunch

Monday-Friday

11:30 a.m. - 1:00 p.m.

- Grilled Cheese \$1.25**  
**Soup of the Day 50¢**  
**Sandwich \$1.50**  
**Slice of Pie 50¢**  
**Salad \$1.00**
- Sandwich choices change weekly please see front desk for menu.



## Beverages

- Milk or Juice 25¢  
Hot Chocolate 30¢  
Hot Tea 30¢



Menu is Subject to Change



# HOT LUNCH MENU

























RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY



## August 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
29 <ul style="list-style-type: none"> <li>◆ Philly cheesesteak</li> <li>◆ Steamed carrots</li> <li>◆ Whole grain hoagie</li> <li>◆ Warm cinnamon apples</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Green chile chicken enchilada</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>◆ Meatloaf w/ tomato gravy</li> <li>◆ Garlic roasted potatoes</li> <li>◆ Succotash</li> <li>◆ Whole grain dinner roll</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Spaghetti w/ marinara sauce</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Roasted vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Salmon w/ pineapple over brown rice pilaf</li> <li>◆ Brussel sprouts</li> <li>◆ Diced beets</li> <li>◆ Honeydew melon</li> <li>◆ 1% milk</li> </ul> 
5 <ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour pork w/ stir fry vegetables and pineapple</li> <li>◆ Brown rice</li> <li>◆ Green peas</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Beef tips w/ brown gravy</li> <li>◆ Spinach w/ onions</li> <li>◆ Sweet potatoes</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Lime fish tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed carrots</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Mushroom Swiss veggie burger</li> <li>◆ Mixed vegetables</li> <li>◆ Tater tots w/ ketchup</li> <li>◆ Yogurt</li> <li>◆ Whole grain bun</li> <li>◆ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Chicken alfredo</li> <li>◆ Zucchini w/ red peppers</li> <li>◆ Steamed broccoli</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 
12 <ul style="list-style-type: none"> <li>◆ Pollock over brown rice</li> <li>◆ Malibu blend vegetables</li> <li>◆ Green peas</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Spaghetti w/ meatballs</li> <li>◆ Green beans</li> <li>◆ Zucchini</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Chicken salad w/ bell pepper, celery, onion</li> <li>◆ Fresh cucumber slices</li> <li>◆ Coleslaw</li> <li>◆ Whole grain bread</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Cheese omelet w/ red chile</li> <li>◆ Stewed tomatoes</li> <li>◆ Diced potatoes</li> <li>◆ Biscuit w/ margarine</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Roasted pork loin w/ brown gravy</li> <li>◆ Scalloped potatoes</li> <li>◆ Carrots</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ Pears</li> <li>◆ 1% milk</li> </ul> 
19 <ul style="list-style-type: none"> <li>◆ Salisbury steak w/ brown gravy</li> <li>◆ Roasted rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ BBQ pork</li> <li>◆ Baked beans</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ Canned apricots</li> <li>◆ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Shredded seasoned chicken w/ brown rice</li> <li>◆ Sweet potatoes</li> <li>◆ Green beans</li> <li>◆ Red grapes</li> <li>◆ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Vegetable lasagna</li> <li>◆ Steamed carrots, broccoli, cauliflower</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>◆ Baked garlic tilapia w/ ancient grain blend</li> <li>◆ Brussel sprouts</li> <li>◆ Corn w/ bell peppers</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 
26 <ul style="list-style-type: none"> <li>◆ Sliced ham</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Cornbread</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Chicken &amp; veggie stir fry w/ soy sauce</li> <li>◆ Buttered linguini noodles</li> <li>◆ Green beans w/ mushrooms and French onions</li> <li>◆ Fresh pineapple</li> <li>◆ 1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Fish &amp; potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ Warm sliced apples</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Eggplant parmesan w/ ziti pasta</li> <li>◆ Steamed broccoli</li> <li>◆ Carrots &amp; zucchini</li> <li>◆ Fresh strawberries</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Green chile cheese burger</li> <li>◆ Tater tots w/ ketchup</li> <li>◆ Stewed tomatoes</li> <li>◆ Whole grain bun</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 