

# MILWAUKEE COUNTY SENIOR DINING

## LUNCH

### FOR CURBSIDE PICK-UP AUGUST



MILWAUKEE COUNTY  
Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg Salad <b>2</b> on Multi-Grain Bread Kidney Bean Salad Broccoli Florets Chocolate Brownie Fresh Fruit	Club Sandwich on Wheat <b>3</b> w/Lettuce, Tomato, Mayo 3-Bean Salad Sun Chips Watermelon Peanut Butter Cookie	Asian Chicken Salad <b>4</b> <i>Grilled Chicken, Almonds Mixed Greens, Vinaigrette Mandarin Oranges Chow Mein Noodles</i> English Muffin 🍊 Orange Juice Cantaloupe	Tuscan Tortellini Salad <b>5</b> <i>Cheese Tortellini, Salami Pepperoni, Spinach, Olives Mozzarella, Parmesan</i> Baby Carrots 7-Grain Bread Strawberries	Sliced Turkey <b>6</b> w/Mayo on Italian Bread Potato Salad Red Cabbage Slaw Pickle Spear Fruit Cocktail
Sliced Ham w/Mustard <b>9</b> on Whole Grain Bread Pickled Beets Pea & Cheese Salad Pineapple Sugar Cookie	Tuna Salad <b>10</b> Marble Rye Bread Cucumber Salad Grape Tomatoes Butterscotch Pudding Banana	Seafood Pasta Salad <b>11</b> on Mixed Lettuce Bed Tomato & Cucumber Slices Croissant 🍊 Orange Juice Peach Crisp	Roast Beef & Cheddar <b>12</b> w/Mayo on Multi-Grain Bun Arugula & Tomato Salad 🍷 Fruit Punch Applesauce Lorna Doone Cookies	Chicken Salad <b>13</b> on 7-Grain Bread Marinated Vegetables Fruited Yogurt Cream Puff Fresh Plum
Turkey Salad <b>16</b> on Whole Wheat Bun Marinated Vegetables Pretzels 🍷 Cranberry Juice Tropical Fruit Cup	Chicken Fajita Salad <b>17</b> w/Beans Tortilla Chips 🍷 Pineapple Juice Cinnamon Applesauce Iced Raisin Spice Cake	Big Mac Salad <b>18</b> <i>Ground Beef, Romaine Onion, Tomato, Pickles Cheddar, 1,000 Island</i> Coleslaw Sesame Roll Clementine	Ham Salad <b>19</b> Multi-Grain Bread Macaroni Salad Marinated Vegetables Peaches Banana Cream Pie	Rueben Sandwich <b>20</b> w/ Sauerkraut on Rye Roll Potato Chips Broccoli Spears Pear Shamrock Cookie
Roast Beef <b>23</b> w/Horseradish Whole Grain Bun American Potato Salad 🍏 Apple Juice Baker's Choice Cookie Fresh Orange	Italian Sub Sandwich <b>24</b> Creamy Coleslaw Cucumber-Onion-Tomato Salad Strawberry Yogurt Fresh Nectarine	Turkey BLT Salad <b>25</b> Chopped Turkey, Bacon <i>Romaine, Tomato, Cheese Ranch Dressing</i> Blueberry Muffin 🍷 Juice Fresh Pear	Chicken & Cheddar <b>26</b> Tortilla Wrap Black Bean Salad Carrots Melon Wedge Pineapple Cake	Egg Salad <b>27</b> Whole Wheat Bun Mixed Greens/Dressing String Cheese Sun Chips Cherry Cheesecake Bar
Tuna Salad <b>30</b> on Kaiser Roll w/Lettuce, Tomato, Onion Cottage Cheese Red Delicious Apple Granola Bar	Cheddar & Swiss w/Mayo <b>31</b> on 7-Grain Bread French Potato Salad Broccoli Slaw Graham Crackers Banana	<div style="display: flex; align-items: center;"> <div style="text-align: center;"> <p>60+ Suggested Contribution</p> <p><b>\$3.00</b></p> </div> <div style="margin-left: 20px;"> <p><b>RESERVATIONS REQUIRED</b></p> <p>🕒 24-Hour Notice</p> <p><b>CALL SITE</b></p> </div> </div> <p style="text-align: center; margin-top: 10px;"><a href="#">find us on facebook.</a></p>		

# 6 Ways to Eat Well as You Get Older



1

## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

## Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

## Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5

## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)