



MILWAUKEE COUNTY  
Department on Aging

# MILWAUKEE COUNTY SENIOR DINING INDIAN COUNCIL OF THE ELDERLY

944 N. 33<sup>rd</sup> STREET  
FOR PICKUP

## JULY



MONDAY	THURSDAY	FRIDAY
<p>RESERVATIONS REQUIRED <b>414-933-1401</b></p>   	<p><b>1</b></p> <p>Colby Jack &amp; Swiss w/Mayo on Whole Wheat Marinated Veggie Salad Blueberry Muffin Strawberry Yogurt</p>	<p><b>2</b></p> <p>Chicken BLT Wrap American Potato Salad 🍏 Apple Juice Rice Krispie Treat Clementine</p>
 <p><b>CLOSED</b> <b>5</b></p>	<p><b>8</b></p> <p>Turkey Salad Croissant Tossed Salad/Dressing 🍇 Grape Juice Mandarin Oranges Chocolate Mousse</p>	<p><b>9</b></p> <p>Seafood Salad on Leaf Lettuce Pasta Salad Split Top Dinner Roll Cottage Cheese Chilled Peaches</p>
<p><b>12</b></p> <p>Ham &amp; Cheddar Oat Bran Bread Baby Carrots 3-Bean Salad Fruited Yogurt Fresh Pear</p>	<p><b>15</b></p> <p>Sub Sandwich Multi-Grain Roll French Potato Salad Marinated Veggies Graham Crackers Fruit Cocktail</p>	<p><b>16</b></p> <p>Egg Salad Vienna Bread Romaine Salad/Italian String Cheese Molasses Cookie Fresh Plum</p>
<p><b>19</b></p> <p>Sliced Turkey w/Mayo Croissant Broccoli Florets Cucumber Salad 🍏 Apple Juice Pineapple</p>	<p><b>22</b></p> <p>Chicken Salad on Bed of Lettuce Mediterranean Quinoa Poppy Seed Roll Raisins Cherry Pie</p>	<p><b>23</b></p> <p>Ham &amp; Swiss w/Mustard on Marble Rye Bread Pickled Beet Salad Applesauce German Chocolate Cake Grapes</p>
<p><b>26</b></p> <p>Roast Beef &amp; Swiss w/Mayo on 7-Grain Bread Marinated Carrot Salad 🍷 Juice Fresh Orange Lorna Doone Cookies</p>	<p><b>29</b></p> <p>Taco Salad <i>Taco Meat, Beans, Cheese, Lettuce Tomato, Onion, Peppers, Dressing</i> Tortilla Chips Snickerdoodle Cookie Watermelon</p>	<p><b>30</b></p> <p>Tuna Salad/Kaiser Roll Lettuce Leaf, Tomato Slice Sun Chips Fresh Fruit Cup 🍊 Orange Juice Baker's Choice</p>

# FRUITS & VEGETABLES

Try for 4-5 servings of each per day.\*  
What counts as a serving?

 American Heart Association  
 American Stroke Association  
life is why™

## FRUITS

### ONE MEDIUM FRUIT



### FRESH, FROZEN OR CANNED FRUIT



### DRIED FRUIT



### FRUIT JUICE\*\*



## VEGETABLES

### RAW LEAFY VEGETABLE



### FRESH, FROZEN OR CANNED VEGETABLE



### VEGETABLE JUICE\*\*



\*Recommended daily goal based on 2,000 calorie/day eating pattern.

\*\*Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

[heart.org/gettinghealthy](http://heart.org/gettinghealthy)