

# MILWAUKEE COUNTY

## MEALS ON WHEELS



**(414) 358-6527**



# JUNE



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b> Sausage Pizza Casserole Capri Vegetables Baked Apples 🍇 Grape Juice Pudding 🍷 Fresh Fruit	<b>2</b> Beef & Broccoli Garlic Rice Braised Cabbage 🍊 Orange Juice Peach Cobbler 🍷 Peaches	<b>3</b> Chef's Salad <i>Turkey, Ham, Cheese, Egg                      Egg, Croutons, Ranch</i> French Bread Fruited Yogurt Tangerine	<b>4</b> Turkey Salad on Fresh Baked Roll Chips Broccoli Florets 🍷 Fruit Punch Banana	<b>5</b> Breakfast Taco <i>Eggs, Sausage, Cheese                      Tomato, Onion, Tortilla</i> Breakfast Potatoes 🍷 Cranberry Juice Fresh Fruit Cup	
<b>8</b> Pork Chop Suey Rice Stir-Fried Vegetables Pineapple & Mandarin Baker's Choice Muffin	<b>9</b> Stuffed Pepper Garlic Potatoes Italian Vegetables Cornbread Fresh Apple	<b>10</b> Crab Pasta Salad Spring Salad Mix Raw Carrots Fresh Plum Oreos 🍷 Fruit	<b>11</b> Hot Dog/Bun Oven Fries Baked Beans Pea & Cheese Salad Rice Krispie Treat 🍷 Fresh Fruit	<b>12</b> Meatballs & Gravy Mashed Potatoes Succotash 🍏 Apple Juice Baker's Choice Bar 🍷 Fruit	
<b>15</b> Chicken Parmesan Penne w/Sauce Sicilian Vegetables 🍊 Orange Juice Brownie 🍷 Fresh Fruit	<b>16</b> Fish Filet Whole Grain Bun Au Gratin Potatoes Broccoli & Cauliflower Creamy Coleslaw Fresh Pear	<b>17</b> Chicken Gyro Salad <i>Chicken, Tomato, Onion                      Lettuce, Tzatziki</i> Whole Grain Bread Fruited Jello Cantaloupe	<b>18</b> Enchilada Casserole Spanish Rice Southwest Vegetables 🍏 Apple Juice Baker's Choice 🍷 Fresh Fruit	<b>19</b> <b>CLOSED</b> 	
<b>22</b> Roast Turkey Gravy Stuffing Green Bean Casserole Cranberry Sauce Fresh Orange	<b>23</b> Meatloaf & Gravy Red Potatoes Creamed Spinach Fruit Compote Cookie 🍷 Fresh Fruit	<b>24</b> Asian Chicken Salad <i>Greens, Chicken, Almonds                      Mandarins, Crispy Noodles</i> Hawaiian Dinner Roll 🍷 Juice Fresh Peach/Nectarine	<b>25</b> Seafood Alfredo with Pasta Brussels Sprouts 🍇 Grape Juice Tropical Fruit Cocktail Graham Crackers	<b>26</b> Egg Salad Whole Grain Bread Chips Baby Carrots Mixed Berries Granola Bar	
<b>29</b> Sloppy Joe Oven-Fried Potatoes Peas Fruited Jello Clementine/Cutie	<b>30</b> Pork Riblet Mac & Cheese Country Vegetables 🍷 Cranberry Juice Melon	<b>Goodwill</b> Greater Milwaukee & Chicago <b>MEALS ON WHEELS</b> * Menu subject to change without notice 🍷 = Diabetic Dessert			<b>\$4.00</b> SUGGESTED CONTRIBUTION

# MILWAUKEE COUNTY SENIOR DINING



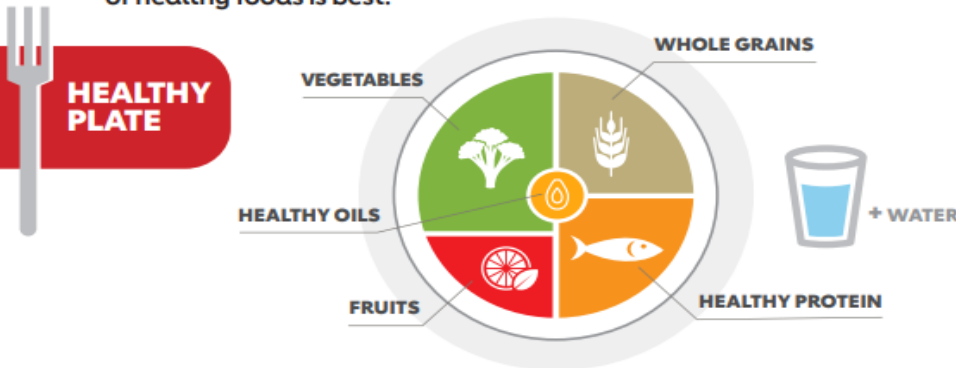
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## HOW TO EAT BETTER

### ✓ CREATE A HEALTHY EATING PATTERN

Eat well-balanced meals throughout the day to keep your heart and brain working at their best. Don't worry about "special foods" – a variety of healthy foods is best.



### ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy). Drink plenty of water throughout the day, and unsweetened tea and coffee can also be enjoyed.

### LIMIT

sweetened drinks and alcohol. Eat less salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese. Take the skin off poultry before cooking. Use plant-based oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

### AVOID

trans fats. Trans fats are found in some store-bought baked goods and fried foods.

### ✓ READ NUTRITION LABELS

Nutrition Facts	
3 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Understanding food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Foods with **less** sodium, bad fats (saturated and trans fats), and added sugars are better for you.

Learn more at [heart.org/lifes8](http://heart.org/lifes8)

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### TIPS FOR SUCCESS



#### WATCH PORTIONS

Make room for healthy portions of different food groups in your meals and snacks.



#### COOK AT HOME

Cooking at home can be more nutritious than eating out. Fresh, frozen or canned fruits and vegetables are all great options. If they are canned or frozen make sure they don't have added sugars or salt. Learn healthy prep methods at [heart.org/eatsmart](http://heart.org/eatsmart).



#### LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



#### IN NEED OF INSPIRATION?

The American Heart Association has hundreds of recipes at [heart.org/recipes](http://heart.org/recipes).