

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
 \$4.00 SUGGESTED CONTRIBUTION	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat ♥ Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding ♥ Fruit
CLOSED 7  LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches ♥ Fruit Punch Cookie ♥ Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
14 Beef & Broccoli Rice Stir-Fry Vegetables Mandarin Oranges Oreos ♥ Fruit	15 Egg Salad on Marble Rye Bread Rainbow Slaw Pickles ♥ Apple Juice Fresh Fruit	16 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll Strawberry Applesauce Lorna Doone Cookies	17 Baked Ziti & Meat Sauce Italian Vegetables Spinach Salad Raspberry Dressing Croutons Warm Cinnamon Apples	18 Hot Ham & Swiss on Bun Dilly Potatoes Baked Beans Pineapple Brownie ♥ Fruit
21 Hearty Chili & Beans Baked Potato Buttered Corn Shredded Cheddar Baker's Choice ♥ Fruit	22 Turkey Tetrazzini Sautéed Spinach Grape Tomatoes Banana Nutri-Grain Bar	23 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, 1,000 Island</i> French Bread ♥ Juice Tropical Fruit Cocktail	Brunch for Lunch 24 Baked French Toast Sausage Potatoes O'Brien ♥ Orange Juice Fruit Cup	25 Glazed Pork Sweet Potatoes Braised Cabbage Dinner Roll Cranberry Fruit Fluff
28 Tuna Salad Kaiser Roll Cucumber Salad ♥ Fruit Punch Baby Carrots Fruit	29 Tater Tot Casserole Garlic Green Beans Warm Fruit Compote Wheat Dinner Roll Grapes	30 Bruschetta Chicken Buttered Noodles Country Vegetables ♥ Apple Juice Ambrosia	 Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS 	

♥ = Diabetic Dessert

* Menu subject to change without notice

MILWAUKEE COUNTY SENIOR DINING



American Heart Association
Healthy for Good™

Sleep Well



Do you feel drained of energy before you even leave the house? You're not alone. More than one in three adults don't get the recommended seven to nine hours of sleep each night — and that can take a toll on your body and mind.

Making some small changes in your daily habits could make a big difference in your overall health. Try these snooze-worthy tips and tricks with your family and friends for four weeks.



Week 1

Be active during the day to help reduce stress and sleep better.

- Add physical activity into your daily routine. Walking counts! It can relieve stress, boost brain function (including your memory and attention) and help you sleep better at night.
- Try mindfulness, meditation or deep breathing to manage stress.
- Try working out earlier in the day and doing some relaxing yoga in the evening if exercising too close to bedtime keeps you awake.



Week 2

Establish a nighttime routine including a bedtime alarm.

- Go to bed and wake up at about the same time each day to sleep better.
- Set a daily bedtime alarm, counting backwards seven to 10 hours from your ideal waking time.
- Choose sleep over getting one more thing done. Good sleep can help you be more productive and accomplish more during the day.



Week 3

Create a morning routine with a positive activity.

- Start your morning with a healthy activity such as a walk around the block, meditation, gratitude journaling or yoga. Looking forward to a few moments of "me time" could make it easier to get up.
- Break the snooze button habit. Sleeping past your alarm can make you groggier in the morning.
- Try habit chaining. Connect a new habit to something you do automatically every morning. For example, do a few yoga moves right after you brush your teeth.



Week 4

Wind down tech-free at bedtime.

- Charge your phone and other devices away from your bed.
- Try reading, listening to music or catching up on a podcast instead of scrolling and swiping into the night. Blue light from devices could be sabotaging your sleep cycle.
- Go low-tech. Try an old-school alarm clock and stash a pen and notepad by your bed so you don't reach for your phone when inspiration strikes.

If you've tried everything and still can't sleep well, you may have a sleep disorder. Talk to your doctor or health care professional.

Learn more about improving your sleep and health at heart.org/HealthyForGood.

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