



April 2024, Kenosha County Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HH-MOW FRIDAY
1	2	3	4	5
Meatball Marinara Sub Potatoes Italiano Green Beans Orange/Cookie	Salisbury Steak/Gravy Mashed Potatoes Cabbage & Carrots Fruit/Cookie	Turkey & Cheddar Sub Pea Salad Mandarin Oranges Pineapple	Lemon Basil Chicken Garden Vegetables Corn/Black Beans Applesauce/Banana	Veal Parmesan/Pasta Broccoli Fresh Melon Pudding
8	9	10	11	12
Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Chilled Peaches Jello	French Dip Sandwich Oven Fries Chef's Choice Veggie Apple	Lasagna Green Beans/Squash Chilled Pears Oatmeal Raisin Cookie	Crab Salad Salad Greens Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	Hot Dog Twice Baked Potato Peas & Carrots Herbed Tomato Salad Banana
15	16	17	18	19
BBQ Riblet Mashed Sweet Potatoes Chef's Vegetable Applesauce Strawberry Yogurt	Hamburger Bean Casserole Mixed Vegetables Fresh Fruit	BLT Chicken Salad Mixed Salad Greens Tri Bean Salad Mandarin Oranges Fruit	Spaghetti & Meatballs Capri Blend Veggies Chilled Pears	Herb Baked Chicken Mashed Potatoes/Gravy Green Bean Casserole Carrot Raisin Salad Apple
22	23	24	25	26
Baked Meatloaf/Gravy Mash Potatoes Stewed Tomatoes Beet Salad Orange	Biscuits & Gravy/Eggs Hashbrowns Apple Cobbler Banana	Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Kidney Bean Salad Mixed Fruit	Asian Glazed Chicken Citrus Brown Rice Broccoli Mandarin Orange Jello Fortune Cookie	Turkey Pasta Salad Tri Bean Salad Cottage Cheese Pineapple
29	30			
Pork Ribs Baked Potato Parslied Cauliflower Coleslaw Mixed Fruit	Ital Sausage Marinara Scalloped Potatoes Brussel Sprouts Fresh Melon			<u>Menu Subject To Change Without Notice</u>

EAT WELL, CARE WELL. HOW TO READ THE NEW FOOD LABEL

The servings per container and serving size either have increased font or is bolded. The size of package requirements has changed as well. For example, if an item is one or two servings, then it is not allowed to be considered single serving. The calories are now larger and bolded.

Fat information has been removed from the label. The added sugars in grams and as a percent Daily Value (%DV) is now required. Added sugars are considered any sugar added to the food during processing that was not originally part of the food.

Vitamin D and potassium are now required on the label because the average American does not consume enough. Vitamin A and C were removed because deficiencies are rare. The display of certain nutrients have changed for %DV and/or actual amount (mg).

nutrients to get more of include:
dietary fiber, vitamin D, calcium, iron, and potassium.

Nutrients to get less of: saturated fat, trans fat, added sugars, sodium

For Meals on Wheels information, please call 658-0237

Use Percent Daily Value (%DV) as a guide. The %DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Check the serving size when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

Consider the calories. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at <https://www.fda.gov/downloads/>

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Friendly Reminders for your Meal Delivery

- Please be home to receive your meal and be near the door for meal delivery. We cannot leave the meal without a recipient.
- Cancellations must be made 24 hours in advance by 9:00 a.m. the day before you wish to cancel. We are closed on weekends, so Monday cancellations must be called in by 9:00 a.m. the Friday before.
- Drivers cannot pass messages to the office. Call the office with questions.

Our meals are “Heart Healthy”, meaning that they are low fat, low cholesterol, no added salt and serving no fried foods. If you have other needs not met by the above diets, please ask.

Winter Deliveries

- Keep walkway and steps cleared of ice and snow so our volunteer drivers can safely deliver meals
- Know your limitations regarding snow removal, ask a loved one for assistance if needed
- On snow days tune to local radio station **WLIP 1050 AM** for potential delivery cancellations



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