

# May 2024, Kenosha County Meals on Wheels

HH-MOW  
FRIDAY

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
|  |  | 1  | 2  | 3  |
|  | <p><b>Menu Subject<br/>To<br/>Change<br/>Without Notice</b></p>                              | BBQ PULLED CHICKEN<br>CHEESY MASHED POTATO<br>BROCCOLI   | CHICKEN SALAD<br>VEGETABLE SOUP<br>COTTAGE CHEESE<br>FRUIT CUP<br>GARBONZO & KIDNEY BEAN SALAD     | CHICKEN MARBELLA<br>RICE FLORENTINE<br>ROMAINE SALAD<br>ORANGE                       |
| 6  | 7  | 8  | 9  | 10   |
| KIELBASA<br>DILLED POTATOES<br>BEAN CASSEROLE<br>VEG. VINAIGRETTE<br>FRUIT CUP   | CHICKEN ROTINI SALAD<br>SPLIT PEA SOUP<br>BEET SALAD<br>COTTAGE CHEESE<br>PINEAPPLE TID BITS | EGGS LORRAINE<br>POTATOES O'BRIEN<br>FRUIT CUP<br>BLUEBERRY MUFFIN<br>ORANGE                     | DILL TUNA SALAD<br>SOUP DU JOUR<br>COTTAGE CHEESE<br>PEACHES<br>PEA SALAD                          | FISH FILET AU GRATIN<br>POTATOS<br>PEAS<br>COLESLAW<br>APPLESAUCE                    |
| 13   | 14   | 15   | 16   | 17   |
| MEATBALL SUB<br>POTATOE ITALIANO<br>GREEN BEANS<br>ORANGE<br>COOKIE              | PULLEED PORK W/ MANGO BBQ<br>CREAM OF MUSH SOUP<br>COTTAGE CHEESE<br>POTATOE SALAD           | ROAST TURKEY BREAST<br>PEA SALAD<br>PINEAPPLE<br>ORANGES   | QUICHE LORRAINE<br>ROASTED TOMATOE SOUP<br>COTTAGE CHEESE<br>BANNANA<br>BEET SALAD                 | VEAL PARMESAN<br>PENNE PASTA W/ MARINARA SAUCE<br>BROCCOLI<br>FRESH MELON<br>PUDDING |
| 20   | 21   | 22   | 23   | 24   |
| CHICKEN ALA ORANGE<br>VEG. RICE PILAF<br>BEANS<br>CHILLED PEACHES<br>FRUIT JELLO | DUSTED FLOUNDER<br>BROCOOLI CHEESE SOUP<br>COTTAGE CHEESE<br>DICED MELON                     | CLASSIC LASAGNA W/ MEAT SAUCE<br>SQUASH MEDLEY<br>GREEN BEANS<br>CHILLED PEARS<br>OATMEAL COOKIE | ROAST BEEF W/ BEER CHEESE<br>LUMBERJACK SOUP<br>COTTAGE CHEESE<br>APPLE MUFFIN<br>DILLED CUCUMBERS | HOT DOG<br>TWICE PAKED POTATOE<br>PEAS & CARROTS SALAD<br>BANANA                     |
| 27   | 28   | 29   | 30   | 31   |
| <p><b>CLOSED</b></p>   | CHEESEBURGER<br>TOMATOE SOUP<br>COTTAGE CHEESE<br>FRUIT SUNBURST<br>MACARONI SALAD           | BLT CHICKEN SALAD<br>MIXED SALAD<br>TRI-BEAN SALAD<br>ORANGES<br>FRUIT CUP                       | DEVILED EGG SALAD<br>CREAM OF POTATOE SOUP<br>COTTAGE CHEESE<br>SLICED PEARS<br>BROCCOLI SALAD     | BAKED CHICKEN POTATOES W/ GRAVY<br>GREEN BEANS<br>CARROT SALAD<br>APPLE              |

## 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/>

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| 8 servings per container  |                      |
| <b>Serving size</b>   | <b>2/3 cup (55g)</b> |
| Amount per serving  |                      |
| <b>Calories</b>   | <b>230</b>           |
| % Daily Value*  |                      |
| <b>Total Fat</b> 8g   | <b>10%</b>           |
| Saturated Fat 1g  | 5%                   |
| Trans Fat 0g  |                      |
| <b>Cholesterol</b> 0mg  | <b>0%</b>            |
| <b>Sodium</b> 160mg   | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g   | <b>13%</b>           |
| Dietary Fiber 4g  | 14%                  |
| Total Sugars 12g  |                      |
| Includes 10g Added Sugars   | 20%                  |
| <b>Protein</b> 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.



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