

# June 2026, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Turkey Burger Sweet Potatoes Peas, Fruit	Salsa Chicken Black Beans Corn, Fruit Roll	Chicken Marsala Mushroom Risotto Carrots, Fruit Bread	Bratwurst Baked Beans Green Beans Fruit, Bread	Chicken Alfredo Broccoli Baked Squash Bread, Fruit
8	9	10	11	12
Pepper Steak Peas, Carrots Fruit, Bread	Teriyaki Meatballs Rice, Corn Fruit, Roll	Pesto Basil Chicken Rice, Broccoli Fruit, Bread	Chicken Breast Prince Charles Veg. Red Beans Fruit, Roll	Blackberry Dijon Chicken Rice, Tomatoes Fruit, Roll
15	16	17	18	19
Baked Chicken Spinach Risotto Carrots, Fruit Roll	Hot Dog Black Beans Corn, Fruit	Meatball Bomber Wedges Broccoli, Fruit Roll	BBQ Pork Sandwich Mac & Cheese Carrots Fruit	<b>CLOSED HOLIDAY</b>
22	23	24	25	26
Baked Spaghetti Carrots, Broccoli Fruit, Bread	Roasted Pork Stuffing & Gravy Corn, Fruit Roll	Chicken Steak Mashed Potatoes Tomatoes, Fruit Bread	Glazed Chicken Rice Pilaf Black Beans Fruit, Roll	BBQ Ribette Sandwich Potato Wedges Peas, Fruit
29	30			
Baked Ham Au Gratin Potatoes Corn, Fruit, Roll	Chicken Cordon Bleu Roasted Potato Tomatoes, Fruit Roll			<b>Menu Subject To Change without Notice</b>

## SAFE SUMMER EATING



As the weather turns warmer and the sun shines brighter, the increase in potential food safety issues is more prevalent as pathogens grow rapidly at warmer temperatures. There are a number of ways that you can protect yourself and others from a food borne illness.

### Produce

- Be sure that your hands are properly washed prior to preparing any food item.
- Cool running water should be used to wash fruits and vegetables prior to eating or preparing.
- A brush can be used on produce that is firm such as melons so that bacteria are properly removed.
- Produce such as bananas and oranges have outer peels that are not consumed but should still be washed prior to peeling to avoid illness.
- Items that come prewashed or ready to eat such as bagged lettuce or cut fruit should not be washed at home to prevent recontamination.
- Fruits and vegetables that are cooked kill bacteria to reduce the risk of illness

### Outdoor Eating

If you are going to a picnic or planning to take your food outdoors, be sure to follow the following safety tips.

- Keep your cold food cold by packing a cooler or lunchbox with ice or ice packs. Keep this out of the sun to lengthen the time it will stay cool.
- When food is being served and not stored in a cooler, a



large ice pack can help cool a serving tray/bowl. There are buffet "pools" that allow you to fill with ice or put in a larger bowl with ice and set the serving bowl on top.

- Cold food should be kept at 40 degrees F or colder and should be discarded after two hours. Should the outside temperature be above 90 degrees, it would need to be discarded after 1 hour.
- Food that may be prepared at a picnic or that was brought to the event must stay hot. Placing the containers in an insulated bag, wrapping with a towel or even with a heat source like a sterno and chaffing dish.
  - Hot food should be kept at 140 degrees Fahrenheit and should not sit out more than two hours. Should the outside temperature be above 90 degrees, it would need to be discarded after 1 hour.
- When the meal is complete be sure to put the food back in the coolers or discard.
- Hand washing sinks may be unavailable while eating outdoors. Water jugs with soap and paper towel are an easy way to wash your hands. Moist tolettes for hands or hand sanitizer may be another option if water is unavailable.



### Looking for more Nutrition Education?

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<https://tinyurl.com/yfn9txnw>

### EASY FRUIT SALAD

Recipe courtesy of loveandlemons.com



#### Ingredients

- 1 medium pineapple, peeled, cored, and chopped into 1/2-inch pieces (about 5 cups)
- 1 pound strawberries, hulled and chopped
- 3 kiwis, peeled, quartered lengthwise, and sliced
- 2 cups seedless grapes, halved
- 1 pint blueberries
- 3 mandarin oranges, peeled and segmented, or 1 peeled and diced mango or 2 chopped peaches
- Juice of 1 lime
- Juice of 1 mandarin orange
- 1 tablespoon honey or maple syrup

#### Instructions

1. In a large bowl, mix together the pineapple, strawberries, kiwi, grapes, blueberries, and mandarins.
2. Make the dressing: In a small bowl, whisk together the lime juice, mandarin juice, and honey.
3. Pour the dressing over the fruit and toss to coat. Serve immediately or cover and chill until ready to serve.
4. Fruit salad keeps well in an airtight container in the refrigerator for up to 2 days.