

October 2026, Kenosha County Meals on Wheels

HH MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
		MENU SUBJECT TO CHANGE WITHOUT NOTICE	Spaghetti w Meatballs Capri Veg. Blend Vienna Bread, Pears	Baked Pollock Red Skin Potatoes Cali. Veg, Roll Apple
5	6	7	8	9
Pork w Gravy Au Gratin Potatoes Peas, Carrots Bread, Apple	Chicken and Kale Soup Baked Sweet Potato Green Beans, Peaches Cranberry Roll	Salisbury Steak Mashed Potatoes Corn, Roll Pineapple	Hot Dog Fries, Banana Baked Bean Casserole	Lasagna w Meat Sauce Broccoli, Bread Chef's Veg Chocolate Pudding
12	13	14	15	16
CLOSED HOLIDAY	Spaghetti w Meatballs Salad Greens, Bread Peach Cobbler	Hamburger Potato Salad Green Beans Applesauce	Chicken Vesuvio Mashed Potatoes Cauliflower, Red Peppers Bread, Orange	Citrus Pollock Veg. Rice Pilaf Country Veg. Blend Roll, Chickpea Salad, Melon
19	20	21	22	23
Cheddar Broccoli Chicken Rice Casserole Cauliflower, Bread Pear & Cranberry Crumble	CLOSED STAFF TRAINING	Chicken Tortilla Soup Brown Rice Corn, Black Beans Tortilla Strips Chef's Fruit, Cookie	Eggs Hashbrowns Pears, Bread Banana	Roast Beef w Gravy Mashed Potatoes Peas, Carrots Bread, Orange
26	27	28	29	30
Bratwurst Potatoes, Carrots Bread, Melon	Chicken Chardonay Mashed Potatoes Tri Bean Salad Broccoli, Bread Orange	Chili Mac & Cheese Country Veg. Blend Corn Bread, Fruit Cup	Veal Marsala Scalloped Potatoes Tomatoes, Bread Pears	Baked Pollock Baked Potato Cali. Veg, Bread Lemon Pudding



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RIEDLER'S RECS

For a Healthy Lifestyle

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HISPANIC HERITAGE MONTH

Hispanic Heritage month is celebrated each year from mid-September to mid-October to coincide with the many Latin American countries' independence from Spain. Latin America includes the territories and states along the southern United States border down to the tip of South America including the Caribbean. Celebrating Hispanic Heritage Month allows us the opportunity to showcase the influence of the Latino culture in the United States. The Latinos have influenced us through sports, entertainment, art, music and food.

The popular Latino culinary traditions are rooted from European, African and indigenous history. Tex-Mex is an ever popular cuisine in the United States and has been since the 1800s when Hispanic chefs immigrated here. There are a number of ingredients that are staples in Latino cuisine- these include corn, meat, rice and beans. These have various nutritional benefits that we will discuss.

Beans are a great pantry staple either in a can or in their dried form. Beans are a great source of protein and a great option for a meatless recipe swap. Beans contain soluble fiber that attracts water to it in addition to cholesterol that then carries it outside of the body. These types of food items take a longer time to digest leading to a feeling of satiety.

Corn is another great staple! You can eat it fresh, frozen or canned. It may seem like a simple food item but packs quite the nutritional punch! Corn contains insoluble fiber, meaning that it adds bulk to your stool to help prevent constipation. Your body digests the inside part of the corn kernel but is unable to digest the shell. Corn contains a large amount of antioxidants called lutein which has shown to promote eye health and vision. Corn is naturally gluten free and lends itself to great products for those with celiac disease or gluten sensitivity.

Rice comes in many varieties, over 100,000 actually! Given this fact,

Source: latino.si.org; health.harvard.edu; clevelandclinic.org

Developed for KAFASI by Emily V. Riedler, MS, RD, CD

it's no surprise that rice makes up 20% of the world's caloric intake as it's a staple for many diets. Two common varieties are white and brown. White rice is often associated with a higher spike in blood sugar compared to brown rice. However white rice is a great item for those with sensitive stomachs or on a low-fiber diet. Conversely, brown rice has many benefits for the body as it is a whole grain full of fiber, and numerous vitamins and minerals. It can help to keep you feeling full for a longer period of time too!

Meat is the last staple in the Latino diet. Some types of meat are better than others. Lean red meat, skinless white meat from chicken and turkey are great heart healthy options. Meat products contain protein which are essential building blocks of the body and used in bones, muscle, skin, cartilage, blood, hormones. Protein is used in the body for growth and development, repairs and muscle building, blood clotting and immune response.

Thanks to these staple food items we can make and eat a multitude of Latino inspired food such as tamales- filled corn masa, arepas- grilled corn cakes, chimichurri-sauce used on grilled meats and mofongo- fried green plantains.

Looking for more Nutrition Education?

Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



<https://tinyurl.com/yfn9txnw>

JICAMA STICKS WITH CHILI AND LIME

Courtesy of Oldways Heritage Cooking Curriculum

Serves 6 or 10-12 small tasting portions

Ingredients

- 1 medium-large jicama, peeled (about 2 pounds)
- Juice of 2 limes (about ¼ cup)
- 1 tablespoon distilled white vinegar
- ¼ teaspoon ground dried chile, cayenne, or red pepper flakes
- 1 tablespoon finely-chopped fresh cilantro
- Salt and ground black pepper

Instructions

1. Cut the jicama lengthwise into ½-inch-thick slices, then cut the slices into ½-inch-wide sticks.
2. In a large bowl, toss the sticks with the rest of the ingredients.
3. Season to taste with salt and pepper.

Notes

- Jicama sticks are a healthy, popular snack or appetizer in Mexico. Their crisp, juicy texture is refreshing on a hot day—plus, there's no cooking involved. Make a big batch and keep it in the fridge for easy snacking.
- You can add as much or as little (or even omit) the chili from the recipe.

