

# October 2026, Kenosha County Meals on Wheels

KAC MOW

| MONDAY                                                                            | TUESDAY                                                      | WEDNESDAY                                                   | THURSDAY                                               | FRIDAY                                                       |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------|
|                                                                                   |                                                              |                                                             | 1                                                      | 2                                                            |
|  |                                                              | <b>MENU SUBJECT<br/>TO CHANGE<br/>WITHOUT NOTICE</b>        | Breaded Veal<br>Rice, Tomatoes<br>Fruit, Bread         | Maple Bacon Chicken<br>Broccoli, Black Beans<br>Roll, Fruit  |
| 5                                                                                 | 6                                                            | 7                                                           | 8                                                      | 9                                                            |
| Turkey Breast<br>Sweet Potatoes<br>Corn, Fruit<br>Roll                            | Chicken Alfredo<br>Peas & Carrots<br>Garlic Bread<br>Fruit   | Blackberry Dijon Chicken<br>Rice, Red Beans<br>Fruit, Bread | Chicken Stir Fry<br>Sweet Rice<br>Broccoli, Fruit      | Meatball Bomber<br>Wedges<br>Corn, Fruit                     |
| 12                                                                                | 13                                                           | 14                                                          | 15                                                     | 16                                                           |
| <b>CLOSED<br/>HOLIDAY</b>                                                         | Chicken Cordon Bleu<br>Potatoes<br>Peas, Fruit<br>Roll       | Chicken & Dumplings<br>Corn, Black Beans<br>Fruit           | Beef Pepper Steak<br>Tomatoes, Broccoli<br>Roll, Fruit | Ham<br>Loaded Mashed Potatoes<br>Green Beans, Fruit<br>Bread |
| 19                                                                                | 20                                                           | 21                                                          | 22                                                     | 23                                                           |
| Chicken Parmesan<br>Pasta, Broccoli<br>Fruit                                      | <b>CLOSED<br/>STAFF TRAINING</b>                             | Hot Dog<br>Baked Beans<br>Corn, Fruit                       | BBQ Pork Sandwich<br>Carrots, Peas<br>Fruit            | Swiss Burger<br>Wedges, Green Beans<br>Tomatoes, Fruit       |
| 26                                                                                | 27                                                           | 28                                                          | 29                                                     | 30                                                           |
| Chicken Enchilada<br>Rice, Beans<br>Fruit, Roll                                   | Salisbury Steak<br>Mashed Potatoes<br>Carrots, Fruit<br>Roll | Garlic Herb Pork<br>Stuffing, Carrots<br>Fruit              | Popcorn Chicken<br>Wedges, Broccoli<br>Fruit, Bread    | Fish Sandwich<br>Tater Tots<br>Peas, Fruit                   |



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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](http://latino.si.org); [health.harvard.edu](http://health.harvard.edu); [cleavelandclinic.org](http://cleavelandclinic.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 1/4 cup)
- 1 tablespoon distilled white vinegar
- 1/4 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 1/2-inch-thick slices, then cut the slices into 1/2-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.

