

# November 2026, Kenosha County Meals on Wheels

KAC MOW

| MONDAY                                                      | TUESDAY                                                                   | WEDNESDAY                                               | THURSDAY                                                    | FRIDAY                                                                                |
|-------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 2                                                           | 3                                                                         | 4                                                       | 5                                                           | 6                                                                                     |
| Chicken Broccoli Pasta<br>Carrots, Beets<br>Fruit, Roll     | Chicken Sandwich<br>Corn, Peas<br>Fruit                                   | Meatball Bomber<br>Pasta, Carrots<br>Fruit              | Swiss Burger<br>Tater Tots, Broccoli<br>Fruit               | Chili Mac<br>Prince Charles Veg<br>Fruit, Roll<br>Cornbread Pudding                   |
| 9                                                           | 10                                                                        | 11                                                      | 12                                                          | 13                                                                                    |
| Chicken Marsala<br>White Rice<br>Peas, Fruit, Bread         | Chicken & Noodle<br>Tomatoes, Corn<br>Fruit, Roll                         | <b>CLOSED<br/>HOLIDAY</b>                               | Sloppy Joes<br>Mac & Cheese<br>Broccoli, Fruit              | Country Fried Steak<br>Mashed Potatoes w Gravy<br>Carrots, Fruit, Roll                |
| 16                                                          | 17                                                                        | 18                                                      | 19                                                          | 20                                                                                    |
| Chicken Parmesan<br>Garlic Pasta<br>Cali. Veg, Fruit, Bread | Beef Hot Dog<br>Wedges, Corn<br>Fruit                                     | BBQ Chicken<br>Mac & Cheese<br>Green Beans, Fruit, Roll | Pineapple Orange Ham<br>Red Beans<br>Broccoli, Fruit, Bread | Turkey Patty<br>Mashed Potatoes w Gravy<br>Sweet Potato Casserole<br>Fruit, Roll      |
| 23                                                          | 24                                                                        | 25                                                      | 26                                                          | 27                                                                                    |
| Chicken<br>Stuffing w Gravy<br>Corn, Roll, Fruit            | Hamburger Stroganoff<br>Scalloped Tomatoes<br>Black Beans, Bread<br>Fruit | Spaghetti<br>Broccoli, Carrots<br>Fruit, Roll           | <b>CLOSED<br/>HOLIDAY</b>                                   | <b>CLOSED<br/>HOLIDAY</b>                                                             |
| 30                                                          |                                                                           |                                                         |                                                             |                                                                                       |
| Chicken Sandwich<br>Wedges, Carrots<br>Fruit                |                                                                           | <b>MENU SUBJECT<br/>TO CHANGE<br/>WITHOUT NOTICE</b>    |                                                             |  |



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# RIEDLER'S RECS

For a Healthy Lifestyle

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262.658.3508



## TASTE THE SEASON

As we begin the holiday season, it is easy to get overwhelmed with the hustle and bustle. With a few tips you can set yourself up for success to enjoy yourself and have a tasty season!

- While you don't want to go crazy with your eating, you do not need to have the perfect plate. A holiday meal often happens one time a year foods and you want to enjoy them.
- Fill half your plate with fruits and vegetables. This will help fill you up and avoid other less nutritious food items.
- There's no race to the finish line or award for the first one done eating so take your time and determine if you want more. When you go for seconds, choose fruits and veggies and protein. If there's a special food item you have only a couple times a year maybe you choose a small amount of that food too.
- I like to skip the dinner rolls, bread or crackers in lieu of other tasty food regardless of whether it's served as an appetizer or with the regular meal.
- Ask the host to bag up the food you don't eat or bring a container with you. You don't need to be a member of the clean plate club.
- Often appetizers are served. An appetizer is intended to stimulate your appetite, not ruin it. Think of it as a little taste of the yumminess to come.
- Eat slowly and enjoy the food you are eating.
- Taste the food before you salt! Besides not wanting to insult the cook, often salt is added in the cooking process or sodium is already part of those ingredients. You can add but you can't take away.
- Don't skip meals as it may cause you to overeat. I've heard this many times around the holiday table that someone didn't eat today because they knew they'd be eating a lot later. Have some smaller meals if you prefer.

## Cranberry Facts

One holiday staple found on many tables this time of year are cranberries. Whether they're served as a side dish, decoration or frozen for festive ice cubes, they likely did not travel far to get there. Did you know that more than half the world's cranberries are grown in Wisconsin?

Cranberries can be frozen for up to a year! Don't thaw frozen cranberries before cooking with them to avoid a color bleed.

Sweetened dried cranberries, like Craisins, are great for baking with. You need 1/4 cup less per cup needed. Need 1 cup fresh/frozen? Use 3/4 cup dried.

Cranberries are high in antioxidants and may help with memory and coordination.

Some cranberry marshes offer tours! Visit <https://www.wiscran.org/Tours> for more info.



### 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>

## PUMPKIN CAKE

Serves 15

### Ingredients

- 1 packaged spice cake mix
- 1 can (15 oz) pumpkin puree
- Juice of 2 limes (about 1/4 cup)
- 1 tablespoon distilled white vinegar

### Instructions

1. Preheat oven to 350 Degrees F
2. Prepare a 9x13 inch baking pan by greasing with cooking spray or butter
3. In a large mixing bowl, add spice cake mix and canned pumpkin.
4. Using a hand mixer or wire whisk, mix until well combined.
5. In the baking pan, add cake batter and spread in an even layer.
6. In preheated oven, bake 25-30 minutes, or until a toothpick inserted in the center comes out clean.
7. Allow cake to cool.
8. Store in refrigerator.

