December 2026, Kenosha County Meals on Wheels

HH MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
MENU SUBJECT TO CHANGE WITHOUT NOTICE	BBQ Riblet Sandwich Fries, Broccoli Apple	Chicken Tortilla Soup Brown Rice, Corn, Black Beans, Tortilla Strips Cookie, Chef's Fruit	Western Eggs Hashbrowns Pears, Raisin Bread Banana	Roast Beef Mashed Potatoes Peas, Carrots Bread, Orange
7	8	9	10	11
Bratwurst Sauerkraut, Potatoes Carrots, Rye Bread Melon	Chicken Chardonay Mashed Potatoes Broccoli, Tri Bean Salad Bread, Orange	Texas Chili Mac & Cheese Country Veg. Corn Bread Fruit Cup	Veal Marsala Scalloped Potatoes Tomatoes, Bread Pears	Baked Pollock Baked Potato Cali. Veg Bread, Pudding
14	15	16	17	18
Beef Veg. Soup Green Beans, Bread Pears, Cookie	Turkey Pot Roast Baked Potato, Peas, Carrots, Cranberry Roll Chef's Fruit	Spaghetti & Meatballs Broccoli, Vienna Bread Peaches	Chicken Tenders in Gravy Bread Stuffing Mashed Sweet Potatoes White Beans & Tomato Medley, Apple	Crab Alfredo w Pasta Zucchini w Red Peppers and Onions, Chef's Veg Roll, Fruit Cup
21	22	23	24	25
Baked Ham Baked Potato Mixed Veg., Rye Bread Pie	Potato Leek & Sausage Chowder, Peas, Carrots, Salad Greens, Corn Bread, Apple Crumble	Garlic Chicken Thigh Brussels Sprouts Baked Bean Casserole Bread, Jello	**CLOSED HOLIDAY**	**CLOSED HOLIDAY**
28	29	30	31	
Pork w Gravy Au Gratin Potatoes Peas & Carrots Bread, Apple	Chicken & Kale Soup Sweet Potatoes Green Beans Cranberry Roll, Peaches	Salisbury Steak w Gravy Mashed Potatoes Corn, Roll Pineapple	**CLOSED HOLIDAY**	KAFASI Kenosha Area Family and Aging Services, Inc.

RIEDLER'S RECS

For a Healthy Lifestyle

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KAFASI

www.kafasi.org

MEALS ON WHEELS KENOSHA COUNTY

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MEAL PATTERN CHANGES

Every five years the Unitied States Department of Agriculture and the Department of Health and Human Services release the updated Dietary Guidelines for Americans. A team of experts gather and determine the updated guidelines for what we should be eating and how much. As a result of the updates on the guidelines, the menu pattern for the Elder Nutrition Program in Wisconsin has also been updated. The proposed updates were sent out and I was able to review and provide feedback along with other program operators and Registered Dietitians in Wisconsin.

Change is not always easy but a necessary thing we go through in life. However, I think that these changes are positive ones and make it much easier to tell those utilizing these programs to focus on eating the colors of the rainbow and not be complicated.

Here are the items that are not changing:

- Half of all grains offered are still whole grains with at least one serving offered per meal.
- Protein/Meat must be three ounces.
- Fruits and/or Vegetable servings must equal one and a half cups and made up of a number of different items.
- Fats/Oils quantity of 1 tsp that can be used in cooking or offered on the side, such as butter or margarine with bread.

The items that are changing include:

- The types of fruit/vegetables are now required in at least two different color groups from. There are just a few examples of the items that might be served to meet the colors:
  - Red/pink - red apples, tomatoes, beets, kidney beans, cranberries
  - Orange/Yellow- apricots, oranges, sweet potatoes, carrots
  - Green- brussels sprouts, celery, green peas, cucumbers, kiwi
  - Blue/Purple- black beans, grapes, prunes, blueberries
  - Brown/Beige/White- onions, potatoes, chickpeas, cauliflower, mushrooms, turnips
- Fluid milk or other dairy can be offered instead of just fluid milk
- Desserts may be offered but must have less that 18 grams of added sugar per serving.
- Non-nutritive sweetners such as aspartame, sucralose, saccharin, xylitol, and acesulfame K are discouraged. Think about those items you may see listed as sugar-free.

As a participant, you likely will not notice any changes, which is great! Many of the daily menus for December are already meeting the requirements that must be met beginning January 2027. Perhaps over time as the menu planning cycle switches over some items that were required to be served prior may be swithced with other items that may be more familiar or favorable.

Wishing you a happy and healthy holiday season!

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.

SCAN ME

https://tinyurl.com/yfn9txnw

ONE-POT CREAMY ITALIAN LASAGNA SOUP

Recipe courtsey of Half Baked Harvest

- 1 pound spicy Italian chicken sausage, can be non-spicy
- 1/2 pound ground beef or chicken
- 1 yellow onion, chopped
- 3 tablespoons Italian Seasoning
- sea salt and pepper
- 1 can (28 ounce) crushed tomatoes
- 1-2 cups marinara sauce
- 4 cups broth
- 4 cups chopped baby spinach
- 8 lasagna noodles
- 1 cup heavy cream
- 1 cup grated mozzarella or provolone
- 1/2 cup grated parmesan
- chopped basil or parsley, for serving

1. In a large Dutch oven, cook the sausage, beef, onions, and Italian seasonings until the meat is browned all over, 5-10 minutes.
2. Add the crushed tomatoes, marinara sauce, and broth. Season with salt and pepper. Cook 10 minutes until thickened slightly. Stir in 2 cups of water, and bring to a boil.
3. Add the spinach and pasta, cooking until soft, 10-ish minutes. Str in the cream, and both cheeses.
4. Ladle the soup into bowls and serve topped with parmesan and fresh herbs. Enjoy!