

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD

FOR PICK-UP



SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED  24-Hour Notice 9:00-11:00  PLEASE CALL: 414.427.7696		Suggested Contribution \$3.00 60+  ♥ = DIABETIC DESSERT	Submarine Sandwich 1 Broccoli Salad Chips Mixed Berries Cheesecake	Sliced Turkey 2 Onion Bun Pasta Salad Kidney Bean Salad  Juice Grapes
CLOSED 5 LABOR DAY 	Ham Salad 6 Multi-Grain Bun American Potato Salad 3-Bean Salad Mandarin Oranges Snickerdoodle Cookie	Chicken Caesar Salad 7 <i>Grilled Chicken, Romaine</i> <i>Tomatoes, Parmesan</i> <i>Croutons, Dressing</i> Fruit Cup Cornbread Muffin Fruited Yogurt	Roast Beef 8 Whole Wheat Bread Carrot Raisin Salad  Juice String Cheese Apple Pie	Egg Salad 9 Vienna Bread Chips Romaine Salad w/Veggies & Dressing Banana Granola Bar
Chicken Salad 12 Whole Grain Bun Cherry Tomatoes Red Cabbage Slaw Chips Pineapple	Shaved Turkey 13 Sourdough Bread Pea & Cheese Salad Jello Chilled Apricots Banana Bread	Chef's Salad 14 <i>Ham, Turkey, Cheese</i> <i>Hard-Boiled Egg</i> <i>Lettuce Mix, Ranch</i> Whole Wheat Dinner Roll  Orange Juice Fresh Fruit	Hard Salami 15 Italian Bread Spinach Salad Kidney Bean Salad Fresh Orange Lorna Doone Cookies	Turkey Salad Wrap 16 Potato Salad Marinated Carrot Salad Pickle Spear Oatmeal Raisin Cookie
Ham & Cheddar 19 Wheat Bread French Potato Salad Grape Tomatoes Pickle Spear Peanut Butter Cookie	Tuna Salad 20 Rye Bread Marinated Vegetables String Cheese Graham Crackers Fruit Fluff	Seafood Salad 21 Tri-Colored Pasta Salad Baby Carrots Breadstick Fresh Fruit	Chicken Salad 22 Whole Grain Bread Chickpea Salad Pretzels Pineapple Baker's Choice	Roast Beef & Swiss 23 Whole Grain Bread Creamy Cucumber Salad Pickled Beets Pears Peach Crisp
Egg Salad 26 Whole Grain Bun Black Bean Salad Broccoli Spears Yogurt Granola Bar	Chicken Salad 27 Vienna Bread Red Cabbage Slaw Pretzels Applesauce Chocolate Cake	Tuscan Tortellini Salad 28 <i>Spinach, Salami, Pepperoni</i> <i>Black Olives, Mozzarella,</i> <i>Red Wine Vinegar Dressing</i> <i>Served over Lettuce</i> Cherry Tomatoes Cottage Cheese Blueberry Muffin	Sliced Turkey 29 Wheat Bread Pasta Salad Baby Carrots Chips Cranberry Bar	Tuna Salad 30 Kaiser Roll Lettuce Leaf, Tomato Sun Chips  Apple Juice Mixed Melon

THE EASY WAY TO EAT HEALTHY

A healthy eating pattern is about smart choices.
The American Heart Association suggests these daily amounts.*



VEGETABLES

CANNED, DRIED, FRESH & FROZEN

5 SERVINGS or 2.5 CUPS



FRUITS

CANNED, DRIED, FRESH & FROZEN

4 SERVINGS or 2 CUPS



WHOLE GRAINS

BARLEY, BROWN RICE, MILLET, OATMEAL, POPCORN AND WHOLE WHEAT BREAD, CRACKERS & PASTA

3-6 SERVINGS or 3-6 OUNCES



DAIRY

LOW FAT (1%) AND FAT-FREE

3 SERVINGS or 3 CUPS



PROTEINS

EGGS, NON-FRIED FISH, LEAN MEAT, LEGUMES, NUTS, SKINLESS POULTRY & SEEDS

1-2 SERVINGS or 5.5 OUNCES



OILS

POLYUNSATURATED AND MONOUNSATURATED CANOLA, OLIVE, PEANUT, SAFFLOWER & SESAME OIL

3 TBSP

Food should give you energy – not weigh you down!
With a few simple changes, you can make eating healthy your easiest habit.

LIMIT

SUGARY DRINKS, SWEETS, FATTY MEATS, AND SALTY OR HIGHLY PROCESSED FOODS

AVOID

PARTIALLY HYDROGENATED OILS, TROPICAL OILS, AND EXCESSIVE CALORIES

REPLACE

HIGHLY PROCESSED FOODS WITH HOMEMADE OR LESS-PROCESSED OPTIONS

ENJOY

A VARIETY OF NUTRITIOUS FOODS FROM ALL OF THE FOOD GROUPS, ESPECIALLY FRUITS & VEGGIES

KEEP

HEALTHY HABITS EVEN WHEN YOU EAT AWAY FROM HOME

*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Servings equivalent may depend on form of food. More info on serving sizes is at heart.org/servings.

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT HEART.ORG/HEALTHYFORGOOD