

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN
9229 W. LOOMIS ROAD

(414)427-7696

11:00 FOR IN-PERSON DINING

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Suggested Contribution</p> <p>\$3.00</p> <p>60+</p>
<p>3</p> <p>BBQ Pulled Pork Sesame Bun Macaroni & Cheese Southwest Vegetables Red Cabbage Slaw Granola Bar</p>	<p>4</p> <p>Beef Stew Mashed Potatoes Chef's Vegetables Sourdough Bread M & M Cookie ♥Fruit</p>	<p>5</p> <p>Chicken Tortellini Salad <i>Spinach, Chicken, Black Olives Mozzarella, Red Wine Vinegar Served over Lettuce</i> Cherry Tomatoes Cottage Cheese Blueberry Muffin</p>	<p>6</p> <p>Hot Ham & Cheese Whole Wheat Bun German Potato Salad Wisconsin Vegetables 🍏Apple Juice Grapes</p>	<p>7</p> <p>Creole Chicken Red Beans & Rice Bahama Vegetables Cornbread Muffin Orange</p>
<p>10</p> <p>Beef & Broccoli Rice Oriental Vegetables Multi-Grain Bread Tropical Fruit Cocktail</p>	<p>11</p> <p>Veggie Omelet w/Cheese Sauce Breakfast Potatoes Warm Cinnamon Apples 🍊Orange Juice Banana Bread</p>	<p>12</p> <p>Seafood Pasta Salad <i>on Mixed Lettuce Bed w/Cucumber & Tomato</i> Poppy Seed Roll Baby Carrots Melon</p>	<p>13</p> <p>BBQ Chicken Leg/Thigh Brown Rice Creamed Spinach Biscuit Red Delicious Apple</p>	<p>VALENTINE'S DAY 14</p> <p>Vegetable Lasagna Green Beans Garlic Bread 🍷Juice Cherry Cheesecake ♥Fruit</p>
<p>17</p> <p>Southwest Turkey Chili Cornbread Warm Peach Compote 🍏Apple Juice Fruited Yogurt</p>	<p>18</p> <p>Election Day POSSIBLE SITE CLOSURES Italian Sausage/Sauce Vegetable Pasta Bake Italian Vegetables Crusty Roll Blushing Pears</p>	<p>19</p> <p>Smothered Chicken Wild Rice Country Vegetables Sesame Bread Pineapple Cake ♥Pineapple</p>	<p>20</p> <p>2 Soft Beef Tacos Flour Tortilla, Taco Sauce Lettuce, Tomato, Cheese Refried Beans Southwest Style Corn Banana</p>	<p>21</p> <p>Grilled ¼ Pound Frank Hot Dog Bun Chef's Potatoes Baked Beans Creamy Cucumber Salad Fresh Fruit</p>
<p>24</p> <p>Cranberry Meatballs Roasted Potatoes Brussels Sprouts Vienna Bread Pudding ♥Fruit</p>	<p>25</p> <p>Teriyaki Chicken Rice Pilaf Vegetable Stir-Fry Hawaiian Dinner Roll Peaches</p>	<p>26</p> <p>Cheeseburger on Bun w/Lettuce & Tomato Baby Baker Potatoes Peas & Pearl Onions Pickle Spear Creamy Fruit Salad</p>	<p>27</p> <p>Chicken Primavera Penne Pasta Alfredo Broccoli Tossed Salad Italian Bread Clementine</p>	<p>28</p> <p>Turkey Ranch Wrap Pasta Salad Cauliflower Florets Applesauce Graham Crackers</p>

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov [in](#) [X](#) [f](#) [v](#) [@niddkgov](#)