

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN
9229 W. LOOMIS ROAD

 **(414)427-7696**

11:00 FOR IN-PERSON DINING



MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>RESERVATIONS REQUIRED</div> <div><div>PLAN AHEAD 24-HOUR NOTICE</div><div>414-427-7696</div><div> Suggested Contribution \$3.00 60+ </div><div> = HEALTHIER DESSERT</div></div>			Pork Chop Suey 1 Fried Rice Oriental Vegetable Blend Egg Roll Pudding  Fruit	Chili Dog 2 Whole Wheat Bun Oven Fries Cauliflower Nutri-Grain Bar Fruit Cup
Baked Chicken 5 Wild Rice Normandy Vegetables 7-Grain Bread Grapes	Meatball Sub 6 Marinara Sauce Buttered Noodles Roasted Vegetables  Apple Juice Melon Cup	Chicken Gyro Salad 7 <i>Chicken, Tomato, Red Onion</i> <i>Lettuce, Tzatziki Sauce</i> Crusty Roll Jello Pineapple Tidbits	Lasagna 8 Italian Vegetables Spinach Salad Italian Dressing Garlic Bread Fresh Pear	Sliced Turkey & Gravy 9 Whole Grain Bun Hashbrown Casserole Chef's Vegetables Cheesecake  Fruit
Beef Stew 12 Mashed Potatoes Laguna Vegetables Sourdough Bread Lemon Bar  Fruit	Scrambled Eggs 13 Bacon Potatoes O'Brien Mini Bagel Mixed Berries	Chef's Salad 14 <i>Turkey, Ham, Cheese</i> <i>Croutons, Egg, Ranch</i> Bran Muffin Cottage Cheese Fresh Peach	Cheddar Burger/Bun 15 w/Lettuce & Tomato Potato Wedges Peas & Pearl Onions Pickle Spear Yellow Delicious Apple	Smothered Chicken 16 Sweet Potatoes Mixed Vegetables Buttermilk Biscuit Creamy Fruit Salad
Tuna Salad 19 Mini Croissant Grape Tomatoes Rainbow Slaw String Cheese Apricots	Stuffed Cabbage Roll 20 Tomato Sauce Mashed Potatoes Grilled Vegetables Marble Rye Bread Tropical Fruit Cocktail	Asian Chicken Salad 21 <i>Mixed Greens, Grilled Chicken</i> <i>Mandarin Oranges, Almonds</i> <i>Crispy Noodles, Vinaigrette</i> Hawaiian Dinner Roll Strawberry Yogurt Carrot Cake  Orange	BBQ Pulled Pork 22 Bun Macaroni & Cheese Country Vegetables Red Cabbage Slaw Banana	Ground Beef Taco 23 <i>Lettuce, Tomato, Cheese</i> Flour Tortilla Southwest Vegetables Black Beans & Rice Applesauce
<div>CLOSED 26</div> <div><div>Memorial Day REMEMBER AND HONOR</div></div>	Bratwurst on Bun 27 Tater Tots Baked Beans Pea & Cheese Salad Peanut Butter Cookie  Fruit	Seafood Salad 28 on Bed of Lettuce Pasta Salad Baby Carrots Split-Top Dinner Roll Melon Wedge	Turkey Salad Wrap 29 Cucumber Salad Broccoli Florets Sun Chips Baker's Choice  Fruit	Honey-Baked Ham 30 Red Potatoes Creamed Spinach Dinner Roll Fruit Fluff



American Heart Association.
Healthy for Good™

100%

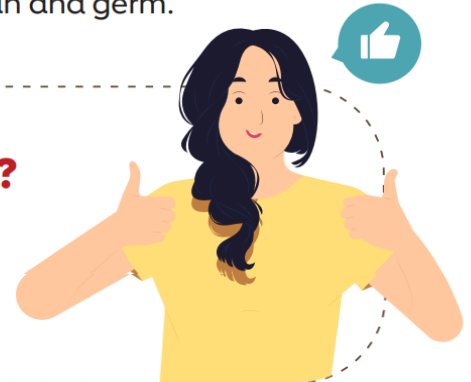
**WHOLE
GRAINS**

**Good for your
whole body.**



WHAT ARE “WHOLE GRAINS”?

There are many grains, including wheat, rice, oats or cereal grains. **“Whole grains” retain every part of the grain.** Refined grains have been milled, losing the bran and germ.



WHAT’S GOOD ABOUT WHOLE GRAINS?

Many whole grains are sources of **dietary fiber**, which healthy bodies need. Whole grains also supply you with **nutrients, such as vitamins and minerals.**



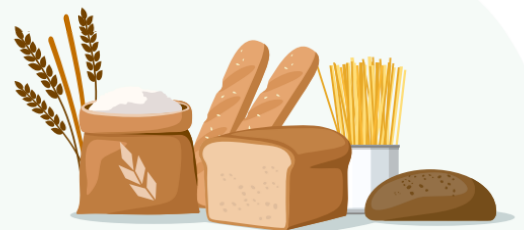
**3+ SERVINGS
EVERY DAY**

WHOLE GRAINS ON THE DAILY.

The American Heart Association recommends **eating three or more servings** of fiber-rich whole grains every day.

GOOD SOURCES OF WHOLE GRAINS.

Look for **whole-wheat bread, pasta or crackers.** Or consider oatmeal, brown (or wild) rice or whole-grain breakfast cereals. Sorghum is another versatile whole grain that can be added to many dishes.



MAKE WHOLE GRAINS A HABIT.

Our **“Habit Coach” videos** unpack the science behind habits. Learn the secrets to making healthy habits stick.

