



MAKING SENSE OF FOOD PRODUCT DATING

By Annette Payne, RD, LD, CDCES

Food Safety vs. Quality. Except for infant formula, dates are not an indicator of the product's food safety and are not required by Federal law. Below is common labeling used to help buyers know the best food quality. Remember the saying, "When in doubt, throw it out!"

- A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is NOT a safety date.
- A "Freeze-by" date indicates when a product should be frozen to maintain peak quality. It is NOT a purchase or safety date.
- A "Sell-by" date tells the store how long to display the product for sale for inventory management. It is NOT a safety date.
- A "Best if used by/before" date indicates when a product will be of best flavor or quality. It is NOT a purchase or safety date.

Did you know? If kept properly refrigerated at 40 degrees F or lower:

- Milk: is good for 7 days beyond the carton's date
- Eggs: are good for about 4 weeks beyond the carton's date

MOWCC UPDATES/REMINDERS

EMERGENCY FOOD BOXES

Keep your box of emergency food in the event that our volunteers cannot deliver.
DO NOT EAT these meals unless you are instructed to by MOWCC.



- If you feel abused, neglected or exploited, call **1-800-252-5400**
- Need Transportation? Residents of Plano, Allen, Wylie and Fairview -Collin County Rides - **214-828-6717**
- Residents of McKinney, Lowry Crossing, Princeton, Melissa, Celina or Prosper - Collin County Transit - **214-749-2844**
- Are you a veteran in need of someone to talk to? Call dial 988, then press 1.
- Enjoying your meals? Send comments to **paynea@mealsonwheelscc.org**
- North Central Texas Aging & Disability Resource Center has relevant trainings every month: <https://nctadrc.org/Calendar>

In need of DME/Incontinence/Medical Supplies? visit:

REACH Plano

720 E Park Blvd. Suite 104

Plano TX 75074

972-398-1111

<https://www.reachcils.org/>

Menu

Created by our
Licensed Dietitian

April

2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg	2 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg	3 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg	4 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg	5 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg
8 Buffalo Turkey Meatballs Herb Roasted Potatoes Ranch Corn Strawberry Raisins 2% Milk Quart Calories: 606 Carbs: 102g Fat: 11g Protein: 32g Sodium: 741mg	9 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg	10 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg	11 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	12 Tuna Noodle Casserole Lima Beans Baby Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg
15 Chicken Makhani Rice & Lentil Pilaf Zucchini SF Cookie, 2% Milk Quart Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg	16 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg	17 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg	18 Beef Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg	19 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg
22 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg	23 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg	24 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 4g Protein: 38g Sodium: 628mg	25 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 24g Sodium: 794mg	26 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg
29 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891 mg	30 Steakburger w/ cheese Tater Tots, Baked Beans Hamburger Bun, Mustard Pudding Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg			SF: indicates a sugar-free item when available.

Notes:

TO CANCEL A MEAL:
Call by 2PM the day
before.
972-562-6996

MILK QUARTS

Will be delivered once a
week. Nutrition facts
provided include a serving
of milk with the meal.

MENU CHANGES

Menu items may
change due to
availability and food
industry shortages.

NUTRITION

Our nourishing meals
provide target nutrients for
optimal health. All meals
provide a minimum of 1/3 of
the daily nutritional needs
for older adults. No salt is
added during cooking and
salt-free products are used
as much as possible.

EMERGENCY MEALS

Shelf stable meals will be
provided in December. Save
these for bad weather or
other emergencies. **DO NOT**
EAT unless instructed to.

deliver.

hope.

Made with VISME