



POWER UP WITH BREAKFAST

By Annette Payne, RD, LD, CDE

A healthy breakfast gives you the energy to start your day right. Try these tasty ideas:

- Instant oatmeal made with milk instead of water. Toss in dried fruit and chopped walnuts
- Layer yogurt with your favorite high fiber cereal and berries
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- Top a toaster waffle with peanut butter and banana slices
- Low-fat cottage cheese with fruit

Source: Adapted from Academy of Nutrition and Dietetics/[Eatright.org](https://www.eatright.org)

If you feel abused, neglected or exploited, call 1-800-252-5400

MOWCC UPDATES/REMINDERS

- If additional food is needed, please contact client services at 469-731-4866.
- If you are needing transportation within Collin County or need accessibility modifications such as wheelchair ramps and widening doors, please call Area Agency on Aging of North Central Texas at 1-800-272-3921
- If you are 60 and older and need counseling, call your Social Worker or Client Services at 469-731-4866

Menu items may change at the last minute due to food industry supply issues. Thank you for your patience.

The Texas Health and Human Services Commission (HHSC) announced it has received federal approval to allow Supplemental Nutrition Assistance Program (SNAP) recipients to apply for replacement benefits for food lost or destroyed due to recent severe winter weather by dialing 2-1-1.



"MOWCC is committed to battling the fight against senior hunger as we **deliver** essential meals to our senior community. Through this contact, we also give **hope** to those seniors in isolation through the smiles of each volunteer."

Zella Tyson, M.P.H.
Chief Executive Officer



Menu

Created by our
Licensed Dietitian



March

2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p>6 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</p> | <p>7 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p> | <p>1 Salmon Patty over Garlic Lemon Rice Corn Garden Blend Vegetables Fresh Orange Calories: 642 Carbs: 86g Fat: 17g Protein: 29g Sodium: 640mg</p> <p>8 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg</p> | <p>2 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p> <p>9 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p> | <p>3 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p> |
| <p>13 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523 mg</p> | <p>14 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p> | <p>15 Steak Fingers w/ Pepper Gravy, Winter Blend Vegetables, Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p> | <p>16 Chicken Cordon Bleu casserole w/ turkey ham Capri Vegetables, White Beans w/ rosemary, Graham Crackers, Fresh Apple Calories: 705 Carbs: 102g Fat: 16g Protein: 42g Sodium: 1023mg</p> | <p>17 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p> |
| <p>20 Caribbean Chicken Island Rice w/ coconut milk, Carrots & Peas Pineapple Cup 2% Milk Quart Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg</p> | <p>21 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans, Applesauce Graham Crackers Calories: 684 Carbs: 79g Fat: 27g Protein: 32g Sodium: 802mg</p> | <p>22 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg</p> | <p>23 Beef Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p> | <p>24 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p> |
| <p>27 Hawaiian Turkey Meatballs over rice Oriental Veg, Baby Carrots, Applesauce 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p> | <p>28 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p> | <p>29 Chicken Fajitas w/onions & peppers, Rice, Seasoned Black Beans, Graham Crackers, Fresh Apple Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p> | <p>30 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p> | <p>31 Cheese Manicotti Lima Beans Baby Carrots Peach Cup, Oreo Cookie Calories: 687 Carbs: 95g Fat: 21g Protein: 31g Sodium: 1133mg</p> |

Notes:

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

EMERGENCY MEALS

5 shelf stable meals were
provided in December. Save
these for bad weather or
other emergencies. **DO NOT**
EAT unless instructed to.

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.

delicious.

hope.

Made with VISME