January 2026 Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier. **coppershores.org/mealsonwheels** - Includes local ingredient(s)			1 **CLOSED** **(Meals will delivered on Dec. 30)**	2 Pizza Pudding cup Fruit cup
5 Brats Potato wedges Green beans	6 Scrambled eggs with cheese Grits Turkey sausage Fruit cup	7 Pasties (Krupp's) Coleslaw Birthday cake	8 Chicken broccoli and rice Casserole Jello	9 Fish Ancient grains Vegetable medley Cottage cheese
12 Sausage egg with cheese Croissant Potatoes Fruit cup	13 Seasoned chicken Rice Vegetables Pudding	14 Meatloaf Garlic mashed potatoes Vegetable blend Coleslaw	15 Turkey-n-swiss sandwhich Fresh vegetables Banana	16 Cabbage rolls Green beans Sliced apples
19 Pannukkaku Bacon Hash browns Fruit cup	20 Gyro bowl Pita shell Cottage cheese with fruit	21 Beef Tips-n-noodles Green beans Whole wheat roll	22 Chicken salad Vegetables Cookie	23 Chicken broccoli Pizza Salad Apple crumble
26 Cheeseburger Baked beans Vegetable medley	27 Tater tots casserole Carrots Apple sauce	28 Spaghetti Cucumber salad Garlic bread Muffin	29 Crispy chicken with rice Vegetable medley Fruit	30 Hot dogs Potatoe wedges Peas-n-carrots Raspberry delight

All meals include 2% Milk. Menu may vary due to availability of supply and demand.

Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

ASSEMBLING FOOD SAFETY EMERGENCY SUPPLY KITS

Planning for an emergency is key to keeping food safe when disaster strikes. Creating a food safety emergency kit will prepare you to respond quickly and effectively. Essential supplies may include:

Planning and Documentation

- Emergency contact lists
- Emergency response plans
- Blank logs for food, time, and temperature monitoring
- Note pads, pens, pencils, markers, clipboards

Health and Hygiene

- Hand soaps
- Paper towels
- First aid kits
- Hair restraints
- Hand sanitizers
- Personal protective equipment (PPE): gloves, masks, face shields, eye protection, aprons, foot covers

Cleaning

- Garbage bags
- Alcohol swabs
- Dish soaps and dishwashing detergents
- Chemical sanitizers and test strips
- Chemical disinfectants and test strips

Food Handling and Monitoring

- Timers
- Bottled water
- Sealed food-grade storage bags
- Ice packs, coolers, insulated bags
- Disposable utensils
- Food thermometers

General

- Labeled, waterproof containers
- Flashlights
- Batteries of assorted sizes
- Generators and/or other power sources
- Scissors, tape, rope, caution tape, caution signs

For more information, visit: **www.fns.usda.gov/ofs/food-safety-emergency-response**
U.S. Department of Agriculture
Food and Nutrition Service
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Keep updated on all that is happenings at Copper Shores Meals on Wheels. Sign up for our newsletter today!

coppershores.org/meals-on-wheels-news

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