

August 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni & cheese w/ ham Green beans Carrots Fruit cup	Sloppy Janes Vegetables Jello	Baked fish Rice Vegetables Birthday cake	Chicken garden salad w/ ranch Dinner roll	Pepperoni pizza Cucumber salad Fresh fruit
Pancakes Turkey sausage Hash browns Fruit cup	Pork dinner Potatoes Vegetables Yogurt	Orange chicken Rice Stir fry vegetables Muffin	CLOSED (Meal to be delivered on Wednesday, August 12)	Turkey & swiss sandwich Fresh vegetables Fresh fruit
Cheeseburger Baked beans Vegetables Cole slaw	BBQ chicken Ancient grains Vegetables Jello	Meatloaf Mashed potatoes Vegetables Fruit cup	All American salad Vegetables Cookie	Broccoli chicken pizza Salad Berry crumble
Chicken sandwich Vegetables Apple sauce	Baked tilapia Rice Vegetables Pudding	Baked ziti w/ spinach Garlic bread Carrot salad	Sausage, biscuits and gravy Fruit and yogurt	Brats Pickled beets Potato wedges Fresh fruit
Sausage, egg, & cheese croissant Potatoes Jello	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)			

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



NUTRITION DESIGNED FOR YOU.

MIDWEST SEASONAL PRODUCE GUIDE

Benefits of shopping seasonally:

- **Better taste** — fresh produce in season is at its peak flavor. Out-of-season produce is stored longer, which saves the shelf-life but not always the flavor.
- **Lower cost** — often cheaper due to high supply. Out-of-season produce isn't as readily available, especially locally. Importing increases the prices due to transportation and preservation costs for out-of-season produce.
- **More nutritious** — nutrients are more abundant in fresh produce than out-of-season produce. Preserving produce to extend shelf-life doesn't always mean preserving nutrients.

PEAK SEASON = PEAK NUTRIENTS = PEAK FLAVOR

	PRODUCE IN SEASON
SPRING	Fruit: Peppers Vegetables: Asparagus, Beets, Carrots, Leafy Greens (arugula, lettuce, salad greens, spinach), Mushrooms, Parsnips, Radishes, Rhubarb
SUMMER	Fruit: Apples, Berries (blueberries, raspberries, strawberries), Grapes, Melons (cantaloupe, watermelon), Pears, Peppers, Stone Fruits (cherries, peaches, plums), Tomatoes Vegetables: Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Eggplant, Garlic, Leafy Greens (arugula, chard, kale, lettuce, salad greens, spinach), Leeks, Mushrooms, Onions, Peas, Potatoes, Pumpkins, Radishes, Rhubarb, Squash, Turnips, Zucchini
FALL	Fruit: Apples, Pears, Tomatoes Vegetables: Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Garlic, Leafy Greens (chard, kale, lettuce, salad greens, spinach), Leeks, Mushrooms, Onions, Parsnips, Pumpkins, Radishes, Squash (acorn, butternut, delicata, spaghetti), Turnips, Zucchini, ***Sweet Potatoes
WINTER	Fruit: Citrus (clementines, grapefruit, lemons, limes, oranges, tangerines), Kiwi, Pear, Pineapple Vegetables: Beets, Bok Choy, Broccoli, Brussels Sprouts, Cauliflower, Celery, Leafy Greens (collards, kale, lettuce, mustard greens, spinach), Turnips, Winter Squash (acorn, butternut, delicata, spaghetti) <i>*Besides Mushrooms, most fresh produce must be imported during the cold winter months in the Midwest region. The items listed are in season elsewhere and readily available.</i>
YEAR-ROUND PRODUCE READILY AVAILABLE	Apples, Avocados, Bananas, Carrots, Celery, Grapes, Melons, Oranges, Peppers (bell & hot), Potatoes, Lemons, Limes, Peas, Onions

Did you know?

Market Bucks match SNAP-EBT spending dollar-for-dollar (up to \$10) to spend at participating farmers markets across Minnesota! For more information on Market Bucks, visit the Programs page at HungerSolutions.org.

UPDATED 2021



Stay updated on all that is happening at
Copper Shores Meals on Wheels. Sign up
for our newsletter today!

coppershores.org/meals-on-wheels-news

Copper Shores Meals on Wheels is a program of Copper Shores Community Health Foundation. Copper Shores Community Health Foundation is a 501(c)(3) that complies with Title VI of the Civil Rights Act of 1964, which prohibits discrimination based upon race, color, and national origin.