

Breen August 2026

M	T	W	TH	
3 Apple Pork Chops Baked Potato Corn	4 Cranberry Maple Chicken Buttered Noodles Carrots Dinner Roll	5 Celebrating August Birthdays BBQ Bacon Cheeseburger Potato Wedges Baked Beans Birthday Cake	6 Spaghetti Beef Bake Green Beans Garlic Bread Stick	<i>Please call the Breen Center to sign up for meals ahead of time 906-774-5110 Salad Bar 11:30 AM Meal served at 12:00</i>
10 Swedish Meatballs Mashed Potatoes & Gravy California Blend Veggies Breadstick	11 Meatloaf Mashed Potatoes & Gravy Corn Dinner Roll	12 Sweet & Sour Pork Fried Rice Oriental Veggies Fortune Cookie	13 Oven Baked Fish Au Gratin Potatoes Brussel Sprouts Jello w/ Fruit	<i>Questions or Concerns please call DICSA 906-774-2256 EXT 244</i>
17 Chicken Bacon Ranch Buttered Noodles Broccoli Pudding	18 Soft Shell Tacos Refried Beans Cornbread	19 Pork Roast Mashed Potatoes & Gravy Carrots Dinner Roll	20 Evening Meal - Salad Bar 3:30 PM Meal 4:00PM Baked Chicken Mashed Potatoes & Gravy Corn Dinner Roll Fruit Cobbler w/ Ice Cream	<i>Meals subject to change without notice. All meals served with choice of 2% milk or juice</i>
24 Sausage Pizza Fancy Applesauce Breadstick	25 Chicken Florentine Buttered Noodles Carrots Fruit Fluff	26 Liver & Onions (Or Substitute) Garlic Mashed Potatoes Biscuit Brownies	27 Spaghetti & Meatballs Green Beans Garlic Bread Jello	<i>Meals funded through program income, local mileage, OSA, & the local agency on aging.</i>
31 Meatloaf Mashed Potatoes & Gravy Green Beans Dinner Roll				



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