

DICSA Meals on Wheels **August 2026**

M	T	W	TH	F	
3 Spaghetti Beef Casserole Green Beans Garlic Bread	4 Fish w/ Summer Vegetables Oven Roasted Potatoes Dinner Roll	5 Tex-Mex Pork Chops Spanish Rice Corn Bread	6 Cranberry Maple Chicken Buttered Noodles Carrots Dinner Roll	7 Chili Dog Mac & Cheese Broccoli Cookie Bars	Questions or Concerns please call DICSA 906-774-2256 EXT 244
10 Hamburger Gravy over Mashed Potatoes Corn Dinner Roll	11 BBQ Bacon Cheeseburger Potato Wedges Baked Beans	12 Chicken Bacon Ranch over Noodles Peas Dinner Roll	13 Biscuits & Gravy Corned Beef Hash Applesauce Cake	14 Sweet & Sour Pork Fried Rice Oriental Veggies Fortune Cookie	Meals are subject to change without notice
17 Chicken Parmesan Fettucine Noodles Green Beans Garlic Bread	18 Pork Roast Mashed Potatoes & Gravy Carrots Dinner Roll	19 Thin Crust Pizza Broccoli Breadstick	20 Tuna Casserole Beets Dinner Roll	21 Chicken Salad on a Croissant Yogurt Fresh Fruit String Cheese	All meals served with choice of 2% milk or juice
24 BBQ Rib Patty on a Bun Potato Wedges Corn	25 Omelets Tater Tots Fancy Applesauce	26 Swedish Meatballs over Noodles California Blend Veggies Dinner Roll	27 Broccoli Cheese Soup Biscuit Crackers Pudding	28 Berry Balsamic Chicken Salad Oranges Yogurt Parfait	Meals funded through program income, local mileage, OSA, & the local agency on aging.
31 Chicken Fettucine Breadsticks 5 Way Veggie					



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