

IRON MOUNTAIN

OCTOBER 2025 HOME DELIVERED MEALS

Mon	Tues	Wed	Thurs	Fri	
		1. Lemon Chicken & Rice Roast Squash Applesauce	2. Chili w/ Beans Hard Roll Pudding Parfait	3. Cheese Tortellini w/ Meat Sauce Wax Beans Garlic Bread	Questions or Concerns please call DICSA 774-2256 ext. 230, or 244
6. Brats Macaroni & Cheese Corn	7. Italian Cheddar Bake w/ Noodles Italian Veggies Bread Stick	8. Boiled Dinner Biscuit Applesauce	9. Chicken Alfredo over Fettucine Broccoli Garlic Bread Cookies	10. Pancakes Sausage Hashbrowns Pears Yogurt	All meals served with choice of milk or juice and fruit.
13. Swedish Meatballs Buttered Noodles California Blend Dinner Roll	14. Hearty Pork Stew Pickled Beets Dinner Roll	15. Unstuffed Pepper Bowl Corn Biscuit	16. <u>Celebrating all October Birthdays!!</u> Smothered Pork Chop Roasted Potatoes Dill Carrots Cake	17. Chicken & Dressing Sandwich Mashed Potatoes Mixed Veggies	Meals are subject to change without notification
20. Spaghetti w/ Meatballs Wax Beans Garlic Bread	21. Sheet Pan Chicken & Veggies Cauliflower w/ Cheese Dinner Roll	22. Cheeseburger French Fries Baked Beans	23. Meatloaf Baked Potato Candied Carrots Dinner Roll Pudding	24. Taco Beef & Noodle Skillet Fiesta Corn Cornbread	Meals funded through program income, local millage, OSA & The Local Agency on Aging.
27. Chicken Bacon Ranch Parslied Noodles Peas Biscuit	28. Tater Tot Casserole Corn Biscuit	29. Sloppy Joe w/ Bun Mac n Cheese Potato Wedges	30. Lasagna Green Beans Garlic Bread Jello	31. Chicken & Wild Rice Casserole Broccoli Biscuit	



Make Snacking a Healthy Event!

- **Snack only when you are hungry.**
Avoid eating out of boredom or when you are stressed. This can lead to excess weight gain.
- **Plan snacks ahead of time.**
Fixing snacks in advance can save you time and make healthy snacks the easy choice. For example, wash and cut up fresh fruit or make your own trail mix.
- **Choose snacks that are 200 - 300 calories or less** and include a variety of nutrients (fiber, healthy fats, and vitamins).
- **Use snack time as a way to increase your fruits and vegetables.**
Choose brightly colored fruits and vegetables to help ensure you are getting a variety of nutrients in your diet.
- **Snack time is a great time to socialize!**
Eat a snack with a friend or neighbor.
- **Drink plenty of water with your snacks.**



Snack Healthy

Eating a snack between meals can be a part of a healthy diet.

Snacking on healthy foods can help increase your intake of important nutrients, including fiber and good fats, and give you energy between meals.

RECIPE Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. ¼ cup raisins
5. ½ cup dried fruit (your choice!)
6. ½ cup nuts (your choice!)
7. ½ cup mini chocolate chips

DIRECTIONS: Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!

Healthy Snack Ideas

Low-fat/no-fat yogurt with fresh berries

Low-fat cottage cheese with pineapple or peaches

Whole grain crackers with mashed avocado

Small side salad topped with nuts or seeds

Whole grain toast topped with nut butter