



IRON RIVER APRIL 2026

Monday	Tuesday	Wednesday	Thursday	
		1. Blackened Fish Buttered Noodles 4 Way Vegetable	2. Hamburger Gravy over Mashed Potatoes Carrots Dinner Roll Fruit	Questions or concerns please call DICSA 906-774-2256 EXT 244
6. BBQ Chicken Legs Rice Pilaf Broccoli Dinner Roll	7. Chicken Florentine Buttered Pasta Carrots	8. Broccoli Cheese Soup Biscuit Apple Crisp	9. Philly Cheese Sandwich w/ Ground Beef Baked Fries Green Beans	Meals subject to change without notification
13. French Bread Pizza Mixed Veggies Applesauce	14. Pineapple Pork Fried Rice Oriental Veggies Whole Wheat Bun	15. Grandmas Corn Chowder Biscuit w/ Butter Pudding Parfait	16. Ham Dinner Au Gratin Potatoes Green Beans Biscuit w/ Butter	Meals are funded by program income, local millage, OSA, & The Area Agency on Aging
20. Sweet & Sour Chicken w/ Fried Rice Oriental Veggies Fortune Cookie	21. Salisbury Steak Mashed Potatoes & Gravy Green Beans Dinner Roll	22. Fish w/ Hollandaise Sauce Roasted Potatoes Brussel Sprouts Biscuit	23. Sloppy Joe w/ Bun Baked Mac & Cheese Sweet Potato Fries	All meals served with Milk or Juice, and fruit.
27. Cheeseburger Baked Fries Baked Beans	28. Pancakes Hash Browns Sausage Yogurt	29. Scalloped Potatoes & Ham Peas Dinner Roll	30. Stuffed Pepper Corn Applesauce	



Start simple with MyPlate



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.

Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.

Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.

Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.

Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.

Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.

