

# Iron River June 2026 Home Delivered Meals

M	T	W	TH	
1. Pancakes Sausage Hashbrowns Applesauce	2. Crispy Chicken BLT Sandwich Sweet Potato Fries Corn Jello w/ fruit	3. Fish w/ Summer Veggies Roasted Potatoes Dinner Roll	4. BBQ Pork on a bun Sweet Potato w/ butter Green Beans Pudding	<b>Questions or Concerns please call DICSA 906-774- 2256 EXT 244</b>
8. Spaghetti & Meatballs Italian Style Veggies Garlic Bread	9. Crack Chicken Penne Peas Dinner Roll	10. Liver & Onions (Or Substitute) Baked Potato Carrots Biscuit Pudding	11. Mexican Lasagna Refried Beans Fiesta Corn	<b>Meals are subject to change without notice</b>
15. Honey Garlic Chicken w/ Veggies Lo Mein Dinner Roll	16. Sloppy Joe on a Bun Baked Mac & Cheese Sweet Potato Fries	17. Biscuits & Sausage Gravy Oven Roasted Potatoes Warmed Applesauce	18. <u>Birthdays</u> Swedish Meatballs over Noodles Brussel Sprouts Pears Cake	<b>All meals served with choice of 2% milk or juice</b>
22. Ham Dinner Au Gratin Potatoes Candied Carrots Apple Crisp	23. Chop Suey w/ veggies over Rice Fortune Cookie Mandarin Oranges	24. Chicken Florentine casserole Buttered Noodles Corn	25. Meatloaf Mashed Potatoes & Gravy Green Beans Dinner Roll	<b>Meals funded through program income, local mileage, OSA, &amp; the local agency on aging.</b>
29. Cheese Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread	30. Ribette Sandwich Potato Wedges Corn			



## STEP 2: SEPARATE

# FOOD SAFETY QUICK TIPS



### No touching

Raw meat, poultry, seafood, eggs, and flour should never come into contact with produce or any food that is ready-to-eat—keep them separate while shopping, storing, and cooking.



### Put a lid on it

Place raw meats in sealed containers or plastic wrap on lower shelves of the fridge or freezer.



### No yolking around

Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.



### Double up

If you can, use a separate set of cooking tools for raw meat, poultry, seafood, eggs, and flour. If you can't, wash them thoroughly in hot, soapy water between cooking with produce and cooking with meats, eggs, or flour.



### Serve it safely

When grilling, barbecuing, or cooking meat, use different plates for raw and cooked meat.

Find more Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill at [www.fda.gov/food](http://www.fda.gov/food)

**EVERYDAY FOOD SAFETY**

July 2018

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