



MAKE HALF YOUR GRAINS WHOLE GRAINS

By Annette Payne, RD, LD, CDCE

Whole grains have the entire grain kernel, which includes the bran, germ, and endosperm. Some whole-grain examples are whole-wheat flour, bread, pasta, crackers, or cereal flakes; bulgur (cracked wheat), oatmeal, brown rice, popcorn, or quinoa.

Eating whole grains as part of a healthy diet may:

- Improve cholesterol and reduce the risks of heart disease.
- Support healthy digestion
- Help with a healthy weight

Easy ways to eat more whole grains:

- Oatmeal, buckwheat or millet for breakfast
- Opt for whole grain cereal
- Use whole grain sandwich bread, tortillas, English muffins, and nann
- Swap white whole wheat or oat flour for all-purpose flour in baking recipes
- Swap whole wheat pasta for regular pasta

EMERGENCY FOOD BOXES

Save these meals in the event that MOWCC cannot deliver and DO NOT EAT unless you are instructed to by MOWCC. If you have not received an emergency meal box, please call Client Services at 972-562-6996.

*Check expiration dates and let us know if milk needs to be replaced.

*Emergency meals may be used for holiday closings. One meal will be used for Good Friday (April 18th)

***Meal Delivery Time is between 9:30AM-2:00PM Monday-Friday ***

Menu

Created by our
Licensed Dietitian

March

2025



Notes:

TO CANCEL A MEAL:
Call by 2PM the day before.
972-562-6996

MILK QUARTS

Will be delivered once a week. Nutrition facts provided include a serving of milk with the meal.

MENU CHANGES

Menu items may change due to availability and food industry shortages.

NUTRITION

Our nourishing meals provide target nutrients for optimal health. All meals provide a minimum of 1/3 of the daily nutritional needs for older adults. No salt is added during cooking and salt-free products are used as much as possible.

ALLERGY WARNING

MOWCC is not an allergen free kitchen. Menu items may contain or come into contact with food allergens. If you have food allergens or intolerances, please contact us.

delivered.

hope.

Made with VISME

Monday	Tuesday	Wednesday	Thursday	Friday
3 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg	4 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg	5 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg	6 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg	7 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg
10 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg	11 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg	12 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg	13 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	14 Tuna Noodle Casserole Lima Beans Carrots w/ dill Oreos Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg
17 Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg	18 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg	19 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg	20 Bean Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg	21 Spaghetti w/meat sauce Green Beans, California Blend Veg, Graham Crackers, Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg
24 Cranberry Beef Meatballs Herb Roasted Potatoes Ranch Corn, Strawberry Raisins, 2% Milk Quart Calories: 680 Carbs: 92g Fat: 20g Protein: 36g Sodium: 620mg	25 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg	26 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 16g Protein: 38g Sodium: 628mg	27 French Toast Sticks Turkey Sausage Breakfast Potatoes Yogurt, SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg	28 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg
31 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg			SF: indicates a sugar-free item when available. LS: low sodium product	EMERGENCY MEALS Save these shelf stable meals for bad weather or other emergencies. DO NOT EAT unless instructed to.

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1 Breaded Cod Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Pear Cup Calories: 634 Carbs: 82 Fat: 19g Protein: 35g Sodium: 962mg	2 Beef Chili Mac Peas & Pearl Onions Capri Vegetables Fig Bar Calories: 682 Carbs: 93 Fat: 21g Protein: 32g Sodium: 789mg	3 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 848mg	4 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg	11 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg
7 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg	8 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg	9 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg	10 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg	18 GOOD FRIDAY Meals on Wheels is closed today. Please eat the meal that was previously sent.
14 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg	15 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie 2% Milk Quart Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg	16 Chicken Pot Pie w/ Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg	17 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg	25 Tuna Noodle Casserole Lima Beans Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg
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delivered.

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🍀 The Leprechaun's Trick 🍀



A leprechaun, sly and so bold,
Guarded his big pot of gold.
But when I drew near,
He grinned ear to ear,
And poof!—I got nothing but cold!



MOWCC UPDATES/REMINDERS

TRANSPORTATION RESOURCES

Collin County Transit

Residents of Celina, Lowry Crossing, McKinney, Melissa, Princeton, Prosper
469-771-0667

Collin County Rides For Residents of Allen and Fairview

940-243-0077

DART Rides For Residents of Plano and Dallas

214-515-7272

Need Minor Home Maintenance or Repairs?

McKinney Residents call Senior Handyman Services at 469-396-7042

Plano Residents call Plain-O-Helpers at 469-366-4286

Frisco Residents call Frisco Helpers at 214-973-1490

Stay Safe Online: Cyber Awareness for Seniors

In today's digital world, staying connected is easier than ever—but so is falling for online scams. Protect yourself by using strong, unique passwords, being cautious with emails or messages from unknown sources, and never sharing personal or financial information with strangers. Watch out for common scams like phishing emails, fraudulent tech support calls, and fake charity requests. Keep your devices updated and use antivirus software for extra security. Remember, if something seems too good to be true, it probably is! Stay informed, stay cautious, and stay cyber-safe.