

All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – *Please give whatever you can; help us help others.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER	CENTER IS OPEN TUESDAY & FRIDAY 9:00AM-2:00PM MEAL SERVED AT NOON	1	2	3 Swiss Steak w/ Tomatoes & Onions Brown Rice Lima Beans Side Salad Fruit
6	7 Minestrone Soup Peas Side Salad Fruit Crisp Wheat Crackers	8	9	10 Baked Ham w/ Pineapples Sweet Potatoes Asparagus Fruit Whole Wheat Roll
13	14 Pork Chops w/ Gravy Stuffing White Beans Biscuit Jell-O Fruit	15	16	17 Chicken Alfredo w/ Penne Broccoli Breaded Mozzarella Sticks Side Salad Fruit Dessert
20	21 French Toast Sticks w/ syrup Bacon Egg & Cheese Omelet Blueberry Muffin Apple	22	23	24 Lasagna w/ Meat Sauce Garlic Bread Green Beans Side Salad Yogurt w/ Fruit
27	28 Tuna Noodle Casserole w/ Peas Cooked Carrots Cottage Cheese w/ Fruit Chocolate Parfait	29	30	31 Halloween Chili, Cheese Dog w/ Bun Baked Fries Baked Beans Coleslaw Fruit

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.

If schools are dismissing early, we will be closed.

MENU IS SUBJECT TO CHANGE