

All meals include milk.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Center is Open 9AM-2PM Tuesday & Friday Meal served at Noon Ages 60 & older	1	2 Chicken Patty / Bun w/ Lettuce & Tomato Mashed Potatoes Peas & Carrots Fruit Honey Bun
5	6 Beef & Bean Burrito Brown Rice Mexican Corn Side Salad Fruit	7	8	9 Breaded Shrimp Egg Roll Vegetable Rice Green Beans Fruit Cottage Cheese
12	13 Meatballs w/ Sauce Macaroni & Cheese Lima Beans Wheat Bread Fruit	14	15	16 Bean Soup w/ Ham, Celery, Carrots Cornbread Kale Stewed Tomatoes Jell-O w/ Fruit
19	20 Seasoned Chicken Breast Sweet Potatoes Asparagus Fruit Biscuit	21	22	23 Beef Tips w/ Gravy & Egg Noodles Broccoli Carrots Fresh Fruit
26	27 Lasagna w/ Meat Sauce Garlic Bread Italian Veggies Fruit Side Salad Watergate Salad	28	29	30 Open Face Turkey Sandwich w/ Gravy Baby Bakers California Blend, 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.		