

**AUGUST 2025 Menu\* Marceline Area Nutrition Program & Center 229 W. Hauser, Marceline, MO 660-376-3103**

**For community members who are 60 and over or disabled, PLEASE pay ONLY what you can, when you can, and IF you can.**

**Drop your contributions into the wooden lockbox on the contribution table. For those under 60 and not disabled, please contribute \$8 per meal in an envelope and write 'under 60' on it and place the envelope in the black mailbox on the contribution table.**

**All CONTRIBUTIONS ARE CONFIDENTIAL, so cash is preferred when possible.**

**If you need to write a check, please make payable to MARCELINE AREA NUTRITION PROGRAM**

**A 2025 FEDERAL CHANGE TO THE OLDER AMERICANS ACT REQUIRES ALL AREA AGENCIES ON AGING TO POST THE ACTUAL COST OF A MEAL, INCLUSIVE OF EVERY ASPECT OF OPERATIONS. FOR OUR AGENCY, THIS COST IS \$8 PER MEAL.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTIVITIES
Week 1					<b>1</b> beef goulash with noodles broccoli Normandy three bean salad peaches	<b>Lunch is served in the dining room 11:15-12:15 Monday – Friday</b>
Week 2	<b>4</b> BBQ pork rib patty on whole wheat bun tator tots mixed vegetables pineapple	<b>5</b> meatloaf (ground beef) whole wheat roll au gratin potatoes carrots applesauce	<b>6</b> beef lasagna French bread hominy lettuce salad with carrots, onion & tomato peaches	<b>7</b> pork roast whole wheat roll mashed potatoes and gravy mixed vegetables pears	<b>8</b> grilled chicken with Alfredo sauce & noodles garlic bread peas broccoli apricots	<b>FRIDAY AUG 8: WELLNESS CHECKS FROM LINN COUNTY HEALTH DEPT During the lunch hour</b>
Week 3	<b>11</b> baked ham whole wheat bread sweet potatoes green beans strawberries	<b>12</b> beef & tomato sauce over spaghetti noodles carrots lettuce salad with carrots, onion & tomato pears	<b>13</b> country fried steak whole wheat roll mashed potatoes and gravy broccoli applesauce	<b>14</b> pork tenderloin on whole wheat bun potato wedges corn pineapple	<b>15</b> breaded fish fillet hush puppies baked beans cole slaw peaches	<b>All meals are served with 8 oz. lowfat milk</b>
Week 4	<b>18</b> beef taco casserole with tortilla chips roasted tomatoes, onions & peppers hominy pears	<b>19</b> savory grilled chicken over whole grain rice grilled peppers & onions spinach strawberries	<b>20</b> baked chicken whole wheat roll mashed potatoes and gravy green beans melons	<b>21</b> beef & bean chili whole wheat roll baked potato / broccoli applesauce	<b>22</b> chicken salad on whole wheat bun pea salad pickled beets peaches	<b>Fruits are subject to change based on fresh availability</b>
Week 1	<b>25</b> burger w/ cheese on whole wheat bun potato wedges mixed vegetables applesauce	<b>26</b> Salisbury steak whole wheat roll scalloped potatoes Brussels sprouts pears	<b>27</b> roast beef whole wheat roll mashed potatoes and gravy carrots mixed fruit	<b>28</b> hot ham & cheese on whole wheat bun breaded tomatoes Harvard beets apricots	<b>29</b> beef goulash with noodles broccoli Normandy three bean salad peaches	<b>For daily menu updates and events, listen to <b>KDWD 99.1</b> weekday mornings &amp; follow Marceline Area Nutrition Program on Facebook</b>