

**JULY 2025 Menu\* for 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>All meals are served with 8 oz. lowfat milk</b>	<b>30 JULY</b> cheeseburger on whole wheat bun potato wedges mixed vegetables peaches	<b>1</b> Salisbury steak scalloped potatoes Brussels sprouts whole wheat bread pears	<b>2</b> roast beef mashed potatoes and gravy carrots whole wheat roll mixed fruit	<b>3</b> hot ham & cheese on whole wheat bun breaded tomatoes Harvard beets apricots	<b>4</b>  <b>CLOSED FOR INDEPENDENCE DAY HOLIDAY</b>	Lunch is served in the dining room 11:15-12:15 Monday – Friday
Week 2  <b>Fruits are subject to change based on fresh availability</b>	<b>7</b> BBQ pork rib patty on whole wheat bun tator tots mixed vegetables pineapple	<b>8</b> meatloaf (ground beef) au gratin potatoes carrots whole wheat roll applesauce	<b>9</b> beef lasagna hominy lettuce salad with carrots, onions, tomato French bread peaches	<b>10</b> pork roast mashed potatoes and gravy mixed vegetables whole wheat roll pears	<b>11</b> chicken Alfredo Peas broccoli whole wheat roll apricots	<b>FRIDAY JULY 11: WELLNESS CHECKS FROM LINN COUNTY HEALTH DEPT During the lunch hour</b>
Week 3	<b>14</b> baked ham sweet potatoes green beans whole wheat bread strawberries	<b>15</b> spaghetti with beef and tomato sauce carrots lettuce salad with carrots, onions, tomato French bread pears	<b>16</b> country fried steak mashed potatoes and gravy broccoli whole wheat roll applesauce	<b>17</b> pork tenderloin on whole wheat bun potato wedges corn pineapple	<b>18</b> breaded fish fillet baked beans cole slaw hush puppies peaches	<b>Tuesdays &amp; Thursdays, 8-9am Workout for Wellness With Carol</b>
Week 4	<b>21</b> beef taco & tator tot casserole with tomato, onion, peppers, cheese hominy corn tortilla chips pears	<b>22</b> savory grilled chicken w/ grilled peppers & onions spinach whole grain rice strawberries	<b>23</b> baked chicken mashed potatoes and gravy green beans whole wheat roll melons	<b>24</b> loaded baked potato w/ broccoli, ham & cheese chili whole wheat roll applesauce	<b>25</b> chicken salad on whole wheat bun pea salad pickled beets peaches	<b>MONDAY JULY 21 Library programs for aging citizens, from Marceline Carnegie Library &amp; Wolfner Library, 11:45-12:00</b>
Week 1	<b>28</b> Cheeseburger on whole wheat bun potato wedges mixed vegetables applesauce	<b>29</b> Salisbury steak scalloped potatoes Brussels sprouts whole wheat bread pears	<b>30</b> roast beef mashed potatoes and gravy carrots whole wheat roll mixed fruit	<b>31</b> hot ham & cheese on whole wheat bun breaded tomatoes Harvard beets apricots	<b>1 AUGUST</b> beef goulash broccoli Normandy three bean salad French bread peaches	For daily menu updates and events, listen to KDWD 99.1 weekday mornings & follow Marceline Area Nutrition Program on Facebook