

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