

MARCH 2025 Marceline Area Nutrition Program & Center Menu*

*Approved by Young at Heart Resources Nutrition Project Director. All meals include 8 oz. low-fat milk suggested meal contribution \$3 for those 60+ or \$6 for guests under 60
 For daily menu updates or weather cancellations listen to KDWD 99.1FM
 and follow @ MARCELINE AREA NUTRITION PROGRAM AND CENTER on FACEBOOK

Product of the month: Eggs
dine-in service 11:30am-12:30pm
Monday-Friday

229 W. Hauser, Marceline, MO 64658

If you know someone who needs to be enrolled in our home-delivery meal service, call us at 660-376-3013

	Monday	Tuesday	Wednesday	Thursday	Friday	ACTIVITIES
	3 C-13 PORK ROAST MASHED POTATOES & GRAVY BROCCOLI HOT ROLL APPLESAUCE	4 A-15 SLOPPY JOES ON WHOLE WHEAT BUN W/ LETTUCE, TOMATO, ONION & PICKLES POTATO WEDGES CARROTS JELLO SALAD w/ORANGES	5 A-6 CAVATINI PASTA WITH PEPPERONI SAUSAGE PEPPERS & ONIONS LETTUCE SALAD w/ CARROTS & TOMATOES FRENCH BREAD PEARS	6 C-8 HAM & BEANS COLE SLAW GREEN BEANS CORNBREAD JUICE MIXED FRUIT	7 D-17 BAKED CHICKEN & DRESSING OR FISH PEAS LETTUCE SALAD W/ CARROTS&TOMATOES HOT ROLL PEACHES	Wednesday March 5: Young at Heart Resources Specialist Will be here to provide Information regarding taxes, social security & other govt. issues
	10 B-15 BEEF, TACO & TATER TOT CASSEROLE HOMINY CORN CHIPS WHOLE WHEAT BREAD FRUIT	11 B-9 VEGETABLE, BEEF STEW BROCCOLI BISCUIT APPLESAUCE	12 B-12 PORK TENDERLOIN ON W. WHEAT BUN W/ LETTUCE, TOMATO, ONION & PICKLES POTATO WEDGES CORN PEACHES	13 B-11 SALISBURY STEAK MASHED POTATOES & GRAVY BRUSSELS SPROUTS WHOLE WHEAT BREAD PEARS	14 C-17 BREADED FISH BAKED BEANS COLE SLAW WHOLE WHEAT ROLL MIXED FRUIT	Friday March 14: Linn County Health Department will be here to offer free wellness checks
	17 A-2 BEEF LASAGNA BROCCOLI SALAD HOMINY FRENCH BREAD FRUIT	18 B-7 SAUSAGE GRAVY WHOLE WHEAT BISCUITS TATOR TOTS SPINACH PEACHES	19 A-3 BAKED CHICKEN MASHED POTATOES & GRAVY GREEN BEANS HOT ROLL APPLESAUCE	20 A-6 SPAGHETTI WITH MEAT & TOMATO SAUCE CARROTS FRENCH BREAD MIXED FRUIT	21 D-1 TUNA NOODLE CASSEROLE PEAS LETTUCE SALAD w/ CARROTS & TOMATOES W. WHEAT BREAD PEARS	Friday March 21: BINGO with Pioneer Skilled Nursing residents 10 am
	24 A-7 PORK STEAK BAKED POTATOES CORN WHOLE WHEAT BREAD PINEAPPLE UPSIDE DOWN CAKE APPLESAUCE	25 C-4 VEGETABLE BEEF SOUP OR BEEF & BEAN CHILI W. WHEAT CRACKERS BROCCOLI W/ CHEESE CARROTS PEARS	26 B-16 SWEET & SOUR MEATBALLS SCALLOPED POTATOES BUTTERED CABBAGE HOT ROLL MIXED FRUIT	27 D-19 CHICKEN & NOODLES BISCUIT STEWED TOMATOES LETTUCE SALAD w/ CARROTS & TOMATOES PEACHES	28 C-18 PORK ROAST OR SALMON MASHED POTATOES & GRAVY GREEN BEANS HOT ROLL FRUIT	Thursday March 27: Seed Starting with Shelly Learn easy methods for growing your own vegetables and flowers
	31. C-13 COUNTRY FRIED STEAK MASHED POTATOES & GRAVY BROCCOLI HOT ROLL APPLESAUCE					

