

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

BEGINNING IN NOV, GOVT. FUNDS for MISSOURI'S SENIOR NUTRITION PROGRAMS HAVE BEEN CRITICALLY REDUCED BY 75%

PLEASE CONTRIBUTE WHAT YOU CAN. Our actual cost per meal is \$8

Drop your contributions into the wooden lockbox on the contribution table. THANK YOU FOR YOUR SUPPORT.

Guests UNDER 60 & NOT disabled: please contribute \$8 per meal in an envelope marked UNDER 60 & place in black mailbox on contribution table.

Contributions are confidential so cash is preferred. If you need to write a check, please make payable to: Marceline Area Nutrition Program.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTIVITIES
week 2	3 baked ham whole wheat roll sweet potatoes mixed vegetables peaches	4 chicken strips whole wheat bread mashed potatoes & gravy butter beans mixed fruit	5 baked pork cutlet whole wheat bread scalloped potatoes broccoli applesauce	6 beef stew cornbread lettuce salad with tomatoes and peppers baked apples	7 Polish sausage whole wheat bread sauerkraut buttered potatoes apricots	Lunch is served in the dining room 11:15-12:15 Monday – Friday
week 3	10 FREE FOR VETERANS sausage with gravy biscuit hash brown potatoes fruit cobbler	11 CLOSED FOR VETERANS' DAY	12 fried chicken whole wheat roll mashed potatoes and gravy broccoli applesauce	13 beef stroganoff whole wheat bread stewed tomatoes green beans pears	14 breaded chicken filet on whole wheat bun potato wedges buttered cabbage apricots	Friday, November 14 WELLNESS CHECKS FROM LINN COUNTY HEALTH DEPT. During lunch hour
week 4	17 diced ham & navy beans cornbread cole slaw grilled potatoes & onions fruit	18 pork roast whole wheat bread scalloped potatoes mixed vegetables bananas	19 rib pattie on whole wheat bun potato wedges green beans peaches	20 beef taco salad with corn tortilla chips, lettuce salad with tomatoes and peppers fruit	21 pulled pork on whole wheat bun pea salad corn pineapple	All meals are served with 8 oz. of low-fat milk
week 1	24 beef with noodles spinach broccoli plums	25 chicken pot pie biscuit lettuce salad with tomatoes & peppers corn mixed fruit	26 baked turkey whole wheat roll mash potatoes & gravy dressing green beans cranberries	27 CLOSED FOR THANKSGIVING	28 CLOSED	Fruits are subject to change based on fresh fruit availability*
week 2	1 DECEMBER'S	2 MENU WILL BE	3 PUBLISHED IN	4 MID-NOVEMBER	5 Happy holidays to all of you from all of us at the Marceline Area Nutrition Program	menu announced in 8am hour weekdays KDWD 99.1 follow Marceline Area Nutrition Program & Center on Facebook