

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

Community members age 60 & over, or disabled: ONLY pay what you can, when you can, and IF you can.

Drop your contributions into the wooden lockbox on the contribution table.

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 1			1 hot turkey & cheese on whole wheat bun tator tots green beans peaches	2 spaghetti w meat sauce French bread lettuce salad with tomatoes and peppers steamed carrots pineapple	3 breaded fish filet whole wheat bread cole slaw baked beans pears	Lunch is served in the dining room 11:15-12:15 Monday – Friday
week 2	6 baked ham whole wheat roll sweet potatoes mixed vegetables peaches	7 chicken strips whole wheat bread butter beans mashed potatoes & gravy mixed fruit	8 grilled pork cutlet whole wheat bread scalloped potatoes broccoli applesauce	9 beef stew cornbread lettuce salad with tomatoes and peppers steamed carrots pears	10 Polish sausage whole wheat bread sauerkraut buttered potatoes apricots	All meals are served with 8 oz. of low-fat milk
week 3	13 sausage with gravy biscuit hash brown potatoes spinach peaches	14 chili with beef & beans crackers mixed vegetables pea salad mixed fruit	15 Vicky's chicken whole wheat roll mashed potatoes and gravy broccoli applesauce	16 beef stroganoff whole wheat bread stewed tomatoes green beans pears	17 grilled chicken filet on whole wheat bun potato wedges buttered cabbage apricots	TUESDAY, OCT 14 WELLNESS CHECKS FROM LINN CO. HEALTH DEPT During lunch hour
week 4	20 diced ham & navy beans cornbread cole slaw potatoes & onions blueberries	21 sweet & sour meatballs whole wheat bread scalloped potatoes mixed vegetables bananas	22 pork tenderloin on whole wheat bun potato wedges green beans peaches	23 beef taco salad with corn tortilla chips, lettuce, tomatoes, and peppers steamed carrots strawberries	24 pulled pork on whole wheat bun pea salad corn pineapple	Fruits are subject to change based on fresh fruit availability*
week 1	27 roast beef with noodles whole wheat bread spinach broccoli plums	28 chicken & veg pot pie biscuit lettuce salad with tomatoes and peppers corn mixed fruit	29 hot turkey & cheese on whole wheat bun tator tots green beans peaches	2 spaghetti w meat sauce French bread lettuce salad with tomatoes and peppers steamed carrots pineapple	31 breaded fish filet whole wheat bread cole slaw baked beans pears	Daily menu announced weekday mornings on KDWD 99.1 and follow Marceline Area Nutrition Program on Facebook

A 2025 CHANGE TO THE OLDER AMERICANS ACT REQUIRES US TO PRINT OUR ACTUAL COST PER MEAL: \$8