










PRODUCT OF THE MONTH: WHITE OR YELLOW CAKE MIXES, AND sugar **SUGGESTED CONTRIBUTION \$3.00 PER MEAL**

MARCELINE NUTRITION CENTER

660-376-3103

SEPTEMBER 2019

**Approved by: Rebecca C. Shinn*

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music most Thursdays Call 376-3103 <u>BINGO WITH PIONEER</u> <u>SECOND FRIDAY</u>	2. CLOSED FOR LABOR DAY	3. CB-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD APPLE CRISP	4. B-14 CHICKEN BREAST OVER RICE BROCCOLI WW BREAD RICE KRISPIES COOKIE FRUIT	5. B-17 SWISS STEAK WITH BAKED POTATO WW BREAD CARROTS FRUIT COBBLER	6. A-5  FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30 BLOOD SUGAR/PRESSURE First Friday
	9. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD PINEAPPLE CAKE	10. C-18  ROAST BEEF POTATOES GRAVY CARROTS WW BREAD FRUIT BREAD PUDDING	11. A-3  CHILI OR VEG. SOUP WW CRACKERS HOMINY APPLES/MUFFINS	12. B-5  SALISBURY STEAK POTATOES/GRAVY CORN/SPINACH WW BREAD ORANGE JELLO FRUIT SALAD	13. C-5  PORK & DRESSING POTATOES/GRAVY CRANBERRY SAUCE WW BREAD GREEN BEANS PUMPKIN WHIP	MON.-FRI. CARDS PLAYED DAILY DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00 BINGO THIRD WEDNESDAY.	16. B-14 TENDERLOIN ON WW BUN FRIES Brussel Sprouts WW BREAD COOKIES/FRUIT	17. C-8 HAM & BEANS SPINACH WG CORNBREAD COLE SLAW JUICE FRUIT COBBLER	18. A-7  PORK ROAST POTATOES/GRAVY GREEN BEANS WW BREAD MIXED FRUIT	19. A-8  MEAT BALLS Sc. Potatoes BROCCOLI WW BREAD FRUIT/CHOC. CAKE	20. D-10  BBQ PORK ON WW BUN TATOR TOTS CARROTS PEANUTBUTTER PIE	Thank you for your product of the month donations!
	23. . B-1 SPAGHETTI/MEAT SAUCE LETTUCE SALAD CARROTS WW FRENCH BREAD FRUIT	24. C-20 BEEF STIR FRY RICE PEAS WW BREAD PEACHES WITH COTTAGE CHEESE	25. C-3 CHICKEN POTATOES/GRAVY CALIF. BLEND WW BREAD APPLE CRISP	26. B-9 BEEF STEW BISCUIT APPLESAUCE BANANA CAKE	27. B-18 MAC. & CHEESE WITH HAM WINTER MIX WW ROLL FRUIT LEMON COOKIE	Check the Linn Co. leader for menus
	30. BACON CHEESEBURGER WW BUN POTATO WEDGES WINTER MIX CAKE JUICE					<i>*8oz low-fat milk is offered at every meal</i>