

SEPT 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 2	1 CLOSED in observance of LABOR DAY	2 meatloaf (ground beef) whole wheat roll au gratin potatoes carrots applesauce	3 beef lasagna French bread hominy lettuce salad with carrots, onion & tomato peaches	4 pork roast whole wheat roll mashed potatoes and gravy mixed vegetables pears	5 grilled chicken Alfredo with noodles garlic bread peas broccoli apricots	Lunch is served in the dining room 11:15-12:15 Monday – Friday
Week 3	8 baked ham whole wheat bread sweet potatoes green beans strawberries	9 beef & tomato sauce over spaghetti noodles carrots lettuce salad with carrots, onion & tomato pears	10 country fried steak whole wheat roll mashed potatoes and gravy broccoli applesauce	11 pork tenderloin on whole wheat bun potato wedges corn pineapple	12 breaded fish fillet hush puppies baked beans cole slaw peaches	FRIDAY AUG 12: WELLNESS CHECKS FROM LINN COUNTY HEALTH DEPT During the lunch hour
Week 4	15 beef taco casserole with tortilla chips & roasted tomatoes, onions, and peppers hominy pears	16 savory grilled chicken over whole grain rice grilled peppers & onions spinach strawberries	17 baked chicken whole wheat roll mashed potatoes and gravy green beans melons	18 beef & bean chili whole wheat roll baked potato / broccoli applesauce	19 chicken salad on whole wheat bun pea salad pickled beets peaches	All meals served with 8 oz. lowfat milk
Week 1	22 burger w/ cheese on whole wheat bun potato wedges mixed vegetables applesauce	23 Salisbury steak whole wheat roll scalloped potatoes Brussels sprouts pears	24 roast beef whole wheat roll mashed potatoes and gravy carrots mixed fruit	25 hot ham & cheese on whole wheat bun breaded tomatoes Harvard beets apricots	26 beef goulash with noodles broccoli Normandy three bean salad peaches	Fruits are subject to change based on fresh availability
Week 2	29 BBQ pork rib patty on whole wheat bun tator tots mixed vegetables pineapple	30 meatloaf (ground beef) whole wheat roll au gratin potatoes carrots applesauce				Daily menu announced weekday mornings on KDWD 99.1 and follow Marceline Area Nutrition Program on Facebook

A 2025 FEDERAL CHANGE TO THE OLDER AMERICANS ACT REQUIRES ALL AREA AGENCIES ON AGING TO POST THE ACTUAL COST PER MEAL, INCLUSIVE OF EVERY ASPECT OF OPERATIONS. FOR OUR AGENCY, THIS COST IS \$8