

Kickapoo Tribal Health Center - Nutrition Center
 105365 South Highway 102, Bldg. K, McLoud, OK 74851
 (405) 964-4227 *

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hamburgers Lettuce/Tomatoes French Fries Fruit	2 Goulash Fried Potatoes Vegetables Jello	3 Hot Dogs Baked Beans Potatoes Poke Cake	4 INDEPENDENCE DAY CLOSED	5 CLOSED	6
7	8 KICKAPOO DAY CLOSED	9 Sloppy Joes Tator Tots Salad Pudding	10 Burritos Rice Refried Beans Churros	11 Lasagna Garlic Bread Salad Cookies	12 Eggs Biscuits & Gravy Oatmeal ELDER MEETING	13
14	15 Ham Sandwiches Chips Salad Pineapple Cake	16 Turkey Dressing Green Bean Cass. No Bake Cookies	17 TRADITIONAL MEAL	18 Chicken Alfredo Vegetables Rolls Dessert	19 Eggs Biscuits Bacon Cream of Wheat	20
21	22 Spaghetti Garlic Bread Green Beans Fruit	23 Beef Fingers Mashed Potatoes Vegetables Jello	24 Meatloaf Mashed Pot/Gravy Vegetables Fruit	25 Pinto Beans Cornbread Salad Dessert	26 Eggs Sausage Cereal Toast	27
28	29 Salsbury Steak Mashed Potatoes Vegetables Cake	30 Chicken Strips Diced Potatoes Vegetables Cookies	31 Tacos Corn Salad Jello			

COSTS: TRIBAL ELDERS (Ages 50+) = Free * Tribal Non-Elders (ages 4-49) = \$5.00 * Children (ages 0-3) = Free