

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

SEPTEMBER 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|--|----------|
| 1 | 2 LABOR DAY CLOSED | 3 Chili Dog Tato Tots Salad Fruit | 4 Tacos Refried Beans Rice Churros | 5 Pork Patties Fried Potatoes Green Beans Pudding | 6 Eggs Cream of Wheat Sausage Biscuits | 7 |
| 8 | 9 Hamburgers Lettuce/Tomatoes Tator Tots Cookies | 10 BBQ Chicken Scallop Potatoes Mixed Vegetables Jello | 11 Hot Meat Red Rice Refried Beans Fruit | 12 Meatloaf Mashed Potatoes Vegetables Cake | 13 Eggs Oatmeal Bacon Elders Mtg Biscuits | 14 |
| 15 | 16 Chicken Mashed Potatoes Green Beans Fruit | 17 Beef Fingers Mac & Cheese Corn Cookies | 18 Lasagna Salad Garlic Bread Pudding | 19 Pinto Beans Cornbread Salad Monkey Bread | 20 Omelets Cream of Wheat Sausage Toast | 21 |
| 22 | 23 Sloppy Joes French Fries Salad Cookies | 24 Spaghetti Garlic Bread Green Beans Cake | 25 Hamburger Stew Cornbread Salad No Bake Cookies | 26 Pork Riblets Mash Pot/Gravy Mixed Vegetables Fruit | 27 Egges Oatmeal Bacon Biscuits & Gravy | 28 |
| 29 | 30 Taco Soup Chips Salad Pudding | | | | | |

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