

November 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Egg Biscuits Bacon Oatmeal	2
3	4 Pulled Pork Sandwiches Tator Tots Salad Cupcakes	5 Hamburger Stew Cornbread	6 Salisbury Steak Mashed Potatoes Corn Cookies	7 Tacos Rice Refried Beans Sopapillas	8 Elders Meeting Eggs Oatmeal Bacon Biscuits & Gravy	9
10	11  Veterans Day CLOSED	12 Hamburger Fries Lettuce Tomatoes Fruit	13 Lasagna Garlic Bread Salad Pineapple Upside Down Cake	14 Chef Day	15 Eggs Ham Bars Biscuits	16
17	18 Turkey Sandwich Chips Fruit	19 Meatloaf Fried Potatoes Vegetables Cake	20 Traditional Meal	21 Beef Fingers Mashed Potatoes Gravy Carrots	22 Eggs Pancakes Bacon	23
24	25 Pork Patties Baked Beans Corn Fruit	26 Taco Soup Cornbread Salad Dessert	27 Turkey Dressing Sweet Potatoes Cobbler	28 	29 Closed	30
COSTS: TRIBAL ELDERS (Ages 50+) = FREE TRIBAL NON-ELDERS (Ages 4-49) = \$5.00 CHILDREN (Ages 0-3) = FREE						