

October 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tacos Refried Beans Rice Dessert	2 Frito Chili Pie Dessert	3 Lasagna Garlic Bread Salad Cookies	4 Eggs Cream of Wheat Sausage Biscuits	5
6	7 Pulled Pork Sandwich Chips	8 Meatloaf Greens Mashed Potatoes & Gravy Dessert	9 Hamburger Stew Cornbread Cookies	10 Chicken Alfredo Corn Rolls Pudding	11 Eggs Oatmeal Bacon Biscuits <i>Elders Meeting</i>	12
13	14 Closed	15 Salisbury Steak Mashed Potatoes & Gravy Greens Beans Dessert	16 Chicken Pot Pie Fried Potatoes	17 Spaghetti Garlic Bread Carrots	18 Omelets Cream of Wheat Sausage Toast	19
20	21 Hamburgers Fries Dessert	22 Potato Soup Grilled Cheese Fruit	23 Orange Chicken Egg Rolls Refried Beans Dessert	24 Steak Fingers Fried Potatoes Mixed Veggies Cake	25 Eggs Oatmeal Bacon Biscuits & Gravy	26
27	28 Sloppy Joes Tator Tots Salad Cookies	29 Traditional Meal	30 Goulash Bread	31 Chicken Strips Scalloped Potatoes Sweet Peas Cobbler		
COSTS: TRIBAL ELDERS (Ages 50+) = FREE TRIBAL NON-ELDERS (Ages 4-49) = \$5.00 CHILDREN (Ages 0-3) = FREE						