

January 2025



Kickapoo Tribal Health Center - Nutrition Center
 105365 South Highway 102, Bldg. K
 McLoud, OK 74851
 (405) 964-2507

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2 CLOSED	3 CLOSED	4
5	6 Steak Fingers Broccoli & Rice Corn Fruit	7 Orange Chicken White Rice Egg Rolls Dessert	8 Beef Stew Cornbread Monkey Bread	9 Tacos Rice Beans Churros	10 BINGO Omelets Sausage Biscuits Oatmeal	11
12	13 Chicken Strips Mashed Potatoes Green beans Pudding	14 Goulash Corn Bread Fruit	15 Traditional Meal Dessert	16 Frito Chili Pie Corn Salad Lemon Cake	17 Elders Meeting Eggs Bacon Cream of Wheat Biscuits	18
19	20 CLOSED	21 Meatloaf Mashed Potatoes Corn Cookies	22 Tamales Rice Beans Sopapillas	23 Tomato Soup Grilled Cheese Green Beans No Bake Cookies	24 GAMES Eggs Sausage Biscuits & Gravy Oatmeal	25
26	27 Pulled Pork Sandwiches Fries Rice Krispy Treats	28 Taco Soup Cornbread Salad Fruit	29 Chicken Strips Fried Potatoes Corn Pudding	30 Spaghetti Garlic Bread Sticks Carrots Fruit	31 French Toast Sticks Bacon Cream of Wheat Eggs	
COSTS: TRIBAL ELDERS (Ages 50+) = FREE TRIBAL NON-ELDERS (Ages 12-49) = \$5.00 CHILDREN (Ages 0-3) = FREE (Ages 4-12) = \$3.00						