

JULY



Title VI Menu and Activities



Monday	Tuesday Bird Day	Wednesday	Thursday Fish Day	Friday
2 BBQ Brisket Texas Toast Ranch style Beans Salad Peach Cobbler 2% Milk	3 Chicken Parmesan Asparagus Wild Rice Flag Cake 2% Milk	4 Independence Day!! Tribal complex and Title IV Closed	5 Chicken Chef Salad Crackers Croutons Apple 2% Milk IOWAY CASINO DAY 10AM - 1PM No specials before or After Sacks Meals	6 English Muffin Egg Sausage Sandwich Tomato Slices 2% Milk
9 Beef Lasagna Garlic Toast Italian Blend Plums 2% Milk	10 Chicken Nacho All the Fixings Spanish rice Refried Beans Brownies 2% Milk	11 Meat loaf Scalloped potatoes Capri Blend Oreo Cake 2% Milk	12 Tuna Salad 3 Bean salad Salad Banana 2% Milk Sack Meals	13 Cold Cereal Bacon Banana 2% Milk CIMARRON CASINO DAY 10AM -1PM No specials before or After
16 Steak Fingers Mashed potatoes W/Gravy Winter Blend Rice Crispies 2% Milk	17 Chicken and Rice Pilaf Mixed Veggies Cinnamon Apples 2% Milk	18 Hot Meat Green Beans Boiled Potatoes Surprise Fluff 2% Milk	19 Cod Nuggets French Fries Salad Angel food Cake w/ Strawberries 2% Milk Sack Meals	20 Breakfast Casserole Salsa Strawberries Toast 2% Milk SAC &- FOX TAILGATE CHENA BUILDING
23 Taco Soup W/ Frito Chips Salad Peach Crisp 2% Milk	24 Chicken Sandwich Lettuce, Tomato, Pickles Tater Tots Cantaloupe 2% Milk	25 Movie Day!!! 11:30 eat movie at 12:30 Chena Caregivers meeting	26 Coconut Shrimp Coleslaw Hushpuppies Fruit Cup 2% Milk Sack Meals	27 TITLE IV Closed for Summer Cleaning day / Inventory
30 Beef Broccoli Lo Mein Noodles Salad Tiramisus 2% Milk	31 Hot Turkey Sub Sandwich Baked Chips 3 Bean Salad Strawberry Short Cake Surprise 2% Milk	Independence Day!!! July 4th 	If you care for a Frail Elder & disabled child 24/7 an need a break you can hire a person to relieve you so that you can take time for yourself ask about the Caregiver Program Be Aware of the Heat! Please Stay Safe!	Congregated meals are served with Salad Bar. Mon - Thurs. 11:30 to 12:30. Menu Subject to Change Without Notice Breakfast served Friday's 8:30-9:30am

REMINDER: CALL BEFORE 10 AM IF YOU ARE NOT GOING TO BE HOME FOR HOMEBOUND MEALS!!!! WE WILL THROW YOUR MEALS AWAY. PLEASE DO NOT WASTE THE MEALS BY NOT CALLING.