


February 2018

Title VI Menu & Activities

<p> Birthday Flower is Violet Birthstone is Amethyst </p>	<p> National Bird Feeding Black History American Heart Month </p>	<p> If you are a Caregiver and have to stay home to take care of a frail elder or disabled grandchild ask or a Caregiver /Respite Contract. Also have to live in Service Area </p>	<p> 1 Ioway Casino Day 10 -1pm Shrimp Gumbo Salad Cornbread 2% Milk </p>	<p> 2 National Red Day Pancakes w Strawberries Sausage Patties V-8 Juice 2% Milk </p>
<p> 5 Meat Loaf Brown Beans Key Biscayne Wheat Roll Pineapples 2% Milk </p>	<p> 6 Chicken Strips Winter Blend Scalloped Potato Yogurt w/Cherries 2% Milk </p>	<p> 7 Pork & Hominy Green Beans Potato Salad Orange 2% Milk </p>	<p> 8 Tuna Fish on Lettuce w/Tomatoes Crackers 3-Bean Salad Avocado Salad Fresh Fruit Trays 2% Milk Heart Health WC starts at 12 </p>	<p> 9 Cimarron Casino Day 10 – 1pm Eggs to Order Bacon Hash Browns Grape Juice 2% Milk </p>
<p> 12 Steak Fingers Mashed Potatoes Cream Gravy Tuscany Blend Plums 2% Milk </p>	<p> 13 Chicken Broccoli Casserole Salad Mandarin Oranges 2% Milk </p>	<p> 14 Elders Caregivers Nutritional Education Valentine Movie Day Chena 11-4 Lunch at 11:30 then movie </p> 	<p> 15 Breaded Catfish Coleslaw Hushpuppies California Blend Peaches 2% Milk </p>	<p> 16 Sac & Fox Tailgate Ham Quiche Home Fries Toast Orange Juice 2% Milk </p>
<p> 19 IOWA TRIBE OF OKLAHOMA IS CLOSED IN HONOR OF PRESIDENTS DAY </p>	<p> 20 Chicken & Wild Rice Soup Green Beans Cucumber Salad Apricots 2% Milk </p>	<p> 21 Corn Soup Ranch Salad Baked Squash Banana 2% Milk </p>	<p> 22 Parmesan Tilapia Malibu Blend Roasted Potato's Chocolate Pudding 2% Milk </p>	<p> 23 National Banana Bread Day Sausage Bake Banana Bread Cranberry Juice 2% Milk </p>
<p> 26 Chili Baked Potato Wheat Crackers Peaches 2% Milk </p>	<p> 27 Chicken Breast Pacific Blend Mashed Potatoes Nectarine 2% Milk </p>	<p> 28 Turkey Taco Spanish Rice Refried Beans Apple Dumplings 2% Milk </p>	<p> February 14th Buffalo & Beef Stew, crackers & cheese, fresh fruit, cupcakes, chips & dips </p>	