Iowa Tribe of Oklahoma Title VI Menu SEPTEMBER 2017

MONDAY	TUESDAY Bird Day	WEDNESDAY	THURSDAY Fish Day	FRIDAY
C.O.F.F.E.E. **Christ Offers Forgiveness For Everyone Everywhere**	**Menu Subject to Change without Notice**	Caregiver Program is for Caregivers or Grandparents rising Disabled Grand Children that are providing 24/7 care. Must attend Caregiver Support/Education meetings.	Iowa Tribe of Oklahoma Title VI Program 335588 East 750 Rd. Perkins, OK 74059 405-547-5407 Fax 405-547-1098	1 Ham-n-Cheese Omelet Biscuit / Gravy Mandarin Oranges 2% Milk **Caregiver Support Meeting 11:30-1**
4 	5 Turkey Enchiladas Mexicali Blend Garden Salad Hot Peach Crisp 2% Milk	6 Sloppy Joes Potato Salad Ranch Beans Fresh Apple slices	7 Salmon Cakes Coleslaw w/ Raisins Macaroni Salad Tropical Fruit Salad Hot Wheat Roll 2% Milk **Ioway Casino Day**	8 Cream of Wheat Boiled Egg Wheat Toast Apricots Tomato Juice 2% Milk **Shopping Day P/U at 8:30 am**
11 Steak Fingers Mashed Potatoes w/ Gravy Imperial Summer Blend Pineapple Chucks 2% Milk	12 Soft Turkey Taco w/ Let, Tom, Onion, Sour Cream, Guacamole & Chips Black Beans Fruit Cocktail Salad 2% Milk	13 Title VI will be closed	14 Baked Catfish Broccoli Salad Mac-n-Cheese Cantaloupe 2% Milk Sack Meal	15 Bacon Scrambled Eggs Wheat Toast Salsa Orange Juice / 2% Milk **Cimarron Casino Day** **Sac & Fox Tailgate**
18 Smothered Pork Chops w/ Mushroom Gravy Mashed Potatoes Carrot Coins Strawberry Fluff Hot Wheat Bread 2% Milk	19 Cold Turkey Wheat Sub lettuce, tomatoes, onions Baked Lays Chips Low Fat Cottage Cheese Pineapple Chucks 2% Milk Sack Meal	20 **SALAD BAR DAY ONLY** Elder's Trip State Fair Leave at 8:30am from WC Leave OKC Fair at 2pm Return to WC 3:30 We won't be running on Indian time. Sack Meal	21 Baked Tilapia Key Largo Garden Salad Peaches Wheat Bread 2% Milk Sack Meal	22 ALL TRIBAL OFFICES ARE CLOSED NATIVE AMERICAN DAY
25 Salisbury Steak New Potatoes w/ Gravy California Blend Cookies Hot Wheat Roll 2% Milk	26 Baked Parmesan Chicken Capri Vegetables Garden Salad Garlic Toast Tiramisu 2% Milk	27 Corn Soup Green Beans Salad Fry Bread Fresh Fruit 2% Milk	28 Fish Sticks Seasoned Green Beans Creamed Corn Garden Salad Banana Pudding 2% Milk Sack Meal	29 Cold Cereal Boiled Egg Mixed Fruit Cup Tomato Juice 2% Milk