

September 2018 Title VI Menu and Activities

Monday	Tuesday Bird Day	Wednesday	Thursday Fish Day	Friday
3 Labor day! ALL Tribal Offices closed! No Meals served or Delivered. Have a Happy Safe Time!	4 Chicken Nuggets Mashed Potatoes W/Gravy Carrots Chocolate pudding 2% Milk	5 Indian Tacos w/Fixings Green Beans Boiled Potatoes Oranges or apples 2% Milk	6 Chicken Chef Salad Crackers/ Croutons Apple 2% Milk IOWAY CASINO DAY 10AM – 1PM No specials before or After Sacks Meals	7 Grits Bacon and Eggs Bananas and Toast Tomato Juice 2% Milk Caregivers Meeting 8:30AM! Shopping Day may have to be afternoon!
10 Taco Soup W/ Frito Chips Salad Apricots 2% Milk	11 Chicken Fajitas Roasted Beans and Corn Spanish Rice Surprise Desert 2% Milk	12 Meat loaf Scalloped potatoes Capri Blend Mandarin oranges 2% Milk	13 Cod Nuggets Cream Cheese Hot Corn Salad Tropical Fruit 2% Milk Sack Meals	14 NO Casino Day Breakfast Casserole w/Salsa & Sour Cream Toast and Grape Juice 2% Milk SAC-& FOX TAILGATE CHENA BUILDING
17 Pork Chops Scalloped Potatoes Green Beans Cake 2% Milk	18 BBQ Chicken Breast Roll Grilled Veggies Jell-O Applesauce 2% Milk Sack lunch for the ones that ARE NOT going to State Fair.	19 Title VI closed! No meal Delivery or Serve out! Elder's Trip STATE FAIR! Leave W.C. at 8:30 Leave OKC Fair 2pm Return to W.C. 3:30 We won't be running on Indian time!	20 Tuna Salad 3 Bean salad Salad Banana 2% Milk Sack Meals	21 Bacon Scrambled Eggs Hash browns Toast and Bananas 2% Milk CIMARRON CASINO DAY 10AM -1PM No specials before or After
24 Cold Turkey Sandwich Wheat Hoagie W/ Lettuce, Tomatoes, and Pickles Baked Chips Pineapples 2% Milk	25 Chicken Chili Nachos W / Fixings Spanish Rice Refried Beans Cinnamon Apples 2% Milk	26 Hamburger W/Fixings French Fries Coleslaw Peaches 2% Milk	27 Baked Catfish Hush puppies Steamed Carrots Surprise Desert 2% Milk Sack Meals	28 All Tribal offices CLOSED! Native American Day! No Meals served or Delivered. Have a Happy Holiday!
Any Elders interested in going to either Casino, Please call in or let drivers know on route that you are going Prior to Casino Day. Last call to get name on list is by 2pm day before please and Thank You!	Notice in change of Cimarron Casino Day! It is on September 21st not 14th Due to Tailgate!	 <p>Please Let us know in advance if you are coming with us! If you need a ride please contact us!</p>	<u>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</u>	Congregated meals are served with Salad Bar. Mon – Thurs. 11:30 to 12:30. <u>Menu Subject to Change Without Notice</u> 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.