

Title VI 2017 March Menu & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Congregated Meals at the Whitecloud offers Salad Bar to Diners.</p> <p>Menu Subject to change without Notice</p>	<p>Remember to exercise at Wellness Center for a ticket drawing at the end of the month for a \$100.00 Free Play One ticket per day Iowa Tribe Service Area Elders</p>	<p>1 Ash Wednesday Chili Chuckwagon Blend Salad/Salad Bar Corn Muffins Fresh Orange 2% Milk</p> <p>Exercise ticket drawing at 9am</p>	<p>2 Ioway Casino Day Baked Catfish Pacific Blend Salad/Salad Bar Peaches 2% Milk</p>	<p>3 Ham & Boiled Egg Tomato Slice Wheat Toast Fresh Orange 2% Milk</p>
<p>6 Hamburger Stew Salad/Salad Bar Corn Muffins Apricots 2% Milk</p>	<p>7 Chicken Lasagna Italian Blend Salad/Salad Bar Garlic Toast Cheese Cake 2% Milk</p>	<p>8 Beef Corn Soup Potato Salad Capri Blend Pineapple Chunks Fry Bread 2% Milk</p>	<p>9 Tuna Salad on bed of lettuce, tomatoes slices & Wheat Bread 3-Bean Salad Cold Beets Vanilla Pudding 2% Milk</p>	<p>10 Cimarron Casino Day Sausage Links Egg Omelet Toast Grape Juice 2% Milk</p>
<p>13 Potato Soup Tuscany Blend Salad/Salad Bar Apple 2% Milk</p>	<p>14 Chicken Breast w Chicken Gravy Mashed Potatoes Carrots Vanilla Pudding 2% Milk</p>	<p>15 Ham Slice Sweet Potatoes Green Beans Salad Bar Hot Roll Pie 2% Milk</p>	<p>16 Fish Tacos Baked Potato Cole slaw Fruit Cocktail 2% Milk</p> <p>Iowa Tribal Fire Weather Awareness & Emergency Public Education Whitecloud 1:30 to 3 refreshments served</p>	<p>17 St. Patrick's Day Sac & Fox Tailgate Green Eggs w Bell Peppers & Onions Ham Biscuit & Gravy Avocados Cranberry Juice 2% Milk</p>
<p>20 First Day of Spring Cheese Burgers Broccoli Salad Potato Salad Berry Mix 2% Milk</p>	<p>21 Casino Trip Leave WC 8:30-3:30 Roast Turkey Breast Sweet Potatoes Brussel Sprouts Hot Wheat Roll Or Flat Bread Pineapple Chunks 2% Milk</p>	<p>22 Indian Tacos With all the goodies Cantaloupe 2% Milk</p>	<p>23 Oven Fried Shrimp Rice Pilaf Pacific Blend Banana Pudding 2% Milk</p>	<p>24 Shopping Day leave WC at 9am Cold Cereal Bacon Banana 2% Milk</p>
<p>27 Baked Pork Chops In Mushroom Gravy w/ Rice Zucchini & Tomatoes Garden Salad Peaches 2% Milk</p>	<p>28 BBQ Chicken Breast Brown Beans Broccoli Lime Pear Jello 2% Milk</p>	<p>29 Meat Loaf Mashed Potatoes & Gravy Capri Blend Texas Toast Orange 2% Milk</p>	<p>30 Tuna Casserole Malibu Blend Salad Bar Apricots 2% Milk</p>	<p>31 Caregivers & Elders March Birthday Party 12-1 Oklahoma Indian Legal Services (OILS) will be here Friday from 9am to 4pm Bacon, Eggs, Hashbrowns, Biscuit & Gravy, Juice & Milk</p>

