

For more information call: 607-776-4310.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Macaroni & Cheese Summer Squash Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
4 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	5 Sliced Turkey with Gravy Rice Pilaf Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	6 Pork Tenderloin With Gravy Mashed Potato Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Beef Goulash Corn Green Beans Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	8 Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk
11 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread 1% Milk Orange Juice	12 Chicken with Gravy Over Biscuit Green Beans Cinnamon Pears Graham Crackers Promise Margarine 1% Milk Orange Juice	13 BBQ Pulled Pork Applesauce Spinach Coleslaw Chocolate Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk	14 Ham & Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 Italian Sausage with Peppers & Onions Broccoli Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk
18 Meatloaf with Onion Gravy Mashed Sweet Potato Peas Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	19 Stir Fry Pork over Rice Pacific Blend Vegetable Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	20 Chicken Parmesan with Cheese & Sauce Rotini Zucchini with Tomatoes Tropical Fruit Italian Bread Promise Margarine 1% Milk Orange Juice	21 Beef Patty with Mushroom Gravy Red Skinned Potato Broccoli Rice Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	22 Lasagna with Sauce Apple Slice Garnish Brussels Sprouts Mandarin Oranges Italian Bread Promise Margarine 1% Milk Orange Juice
25 Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	26 Sloppy Joe Peach Garnish Mixed Vegetable Fruit Cocktail Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	27 Spaghetti & Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	28 Chicken Breast with Dijon Mustard Sauce Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	29 Macaroni & Cheese Summer Squash Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice

Menu subject to change without notice.

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$3.50. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.

If you are not yet 60, there is a charge of \$7.00 per meal. See your site coordinator.