PAWNEE NATION OF OKLAHOMA

DHCS-TITLE VI Senior Nutritional Meals Program
(918) 762-4042
Lunch is 11:30 am to 12:30 pm Thursday Breakfast 10 am
Drinks and fruit served daily

September 2020

MONDAY 11:30	TUESDAY 11:30	WEDNESDAY 11:30	THURSDAY 10 am
	1-Sep **Pepperoni & Cheese Sub** Green Beans Small Salad	2-Sep **BBQ Chicken** Ranch Beans Hominy Roll	3-Sep **Malt-o- Meal** w/ Brown Sugar & Pecans Egg - Bacon - Toast Peaches & Cottage Cheese Cup Fruit & Juice
7-Sep **Closed**	8-Sep **Navy Beans & Ham** Baby Bakers Small Salad Roll Food Bank	9-Sep **Catfish** Cole Slaw Roasted Corn Hush Puppies	10-Sep **Grits** Egg - Sausage Toast Yogurt & Nut Cup Fruit & Juice
14-Sep **2 X Beef Tacos** L,T,C Refried Beans Guacamole & Chips	15-Sep **Egg Salad on Bread** L,T, Pickle Spear Three Bean Salad Baked Chips	16-Sep **Sliced Ham** Scalloped Potatoes Spinach Bread	17-Sep **Oatmeal** Egg - Bacon Cinnamon Raisin Toast Strawberry Short Cake Fruit & Juice
21-Sep **Beef Hot Dog** on Bun Potato Salad Baked Beans	22-Sep **Chicken & Rice** w/ Cream of Mushroom Yams Bread	23-Sep **Cheeseburger** L,T,P Fried Oakra	24-Sep **Biscuit & Gravy** Egg & Sausage Toast Pineapple & Cottage Cheese Cup Fruit & Juice
28-Sep **Ham & Cheese** Sandwich w/ L,T Mac Salad w/ Bell pepper Baked Chips	25-Sep **2 X Chicken Tacos** L,T,C Mex-Rice Guacamole & Chips Food Bank	30-Sep **Buffalo & Noodles** Mashed Potatoes w/ Gravy Broccoli & Cauliflower Roll	

Menu Approved by: Kellie Bryant, Pawnee Indian Health Service Registered Dietitian

Kellie Bryant MS RD LDN

A senior is 60+ years
Non-elder meal is $5, served after 12:10pm
Transportation and meal requests are accepted until 8:30am

8-24-20