

Meals are Subject to Change

SNAP or EBT Payment is Accepted

- If you are interested in learning about the Supplemental Nutrition Assistance Program, please call 218-233-7521 or 800-488-4146

\$5.00-\$8.75

(Suggested Donation)

Per Meal



December

2021

216 3rd St. N.W. Bemidji, MN 56601

Office #: 444-3987

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| | | 1 | 2 | 3 |
| | | Creamy Chicken Mashed Potatoes Glazed Carrots Bread/Margarine Warm Fruit Crisp-Low Fat Milk | Pork Loin Candied Yams Broccoli Florets Bread/Margarine Dessert-Low Fat Milk | Meatloaf Butternut Squash Stewed Tomatoes-Dessert Bread/ Margarine-Low Fat Milk |
| 6 | 7 | 8 | | 10 |
| Tater tot casserole Green beans Peaches dinner roll milk | Chicken/vegetable soup Meat sandwich Pineapple Cookie milk | BBQ Pork on a bun Coleslaw Fruit Salad Jello W/whipped topping Milk | Turkey W/ Gravy Mash potatoes Roasted beets Dinner roll Cake W/ frosting and Milk | Swedish Meatballs Mash potatoes Carrots Bread Dessert and Milk |
| 13 | 14 | 15 | 16 | 17 |
| Orange Chicken Brown Rice Oriental Vegetables Mandarin Oranges Low Fat Milk | Beef Goulash Peas Tropical Fruit Garlic Breadstick Low Fat Milk | Beef & Bean Burrito Bake Lettuce/tomato/SC Pears Dessert Milk | Chicken Fried Steak Mash potatoes w/ Gravy Warm cinnamon Apples Bread Dessert and Milk | Fish Patty w/Tarter Sauce Bun -Cheesy Hash brown Baked Beans Peaches Low Fat Milk |
| 20 | 21 | 22 | 23 | 24 |
| Spanish Rice Corn Corn bread Ginger bread dar w/ cream cheese frosting milk | Ham Au Gratin Potatoes Peas Dinner Roll w/Margarine Dessert - Low Fat Milk | Sloppy Joe on a Bun Broccoli Salad Cinnamon Applesauce Dessert Low Fat Milk | Roast Beef w/Gravy Mashed Potato w/Gravy California Normandy Blend Bread/Margarine -Dessert Low Fat Milk | Closed Merry Christmas |
| 27 | 28 | 29 | 30 | 31 |
| Salisbury Steak w/Gravy Mashed Potato-Carrots Dinner Roll w/Margarine Dessert Low Fat Milk | Baked Chicken Baked Potato w/Sour Cream Broccoli Florets Bread/Margarine -Dessert Low Fat Milk | Lasagna California Normandy Peaches Breadstick Dessert and Milk | Turkey stuffing casserole Mixed Vegetables Sliced Apples Bread milk | Happy New Year Closed |

***This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act throughout the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Vanessa Berg MS RD LD CDE Posted menu is regular diet, Diabetic, Sodium, and fat restricted diets available upon request. Regular menu provides average of 700-800 calories.