

DeKalb County Nutrition Center
 Maysville, MO
 816-449-5435

March 2024

Menu Calendar

Approved by Young at Heart Resources, Nutrition Project Director: *RKejode 02/14/2024* Lunch Served

Dine in or carry out.

11:30-12:30

S Monday Tuesday Wednesday Thursday Friday S

	<p>Choice other than menu served daily dine in only. Chief Salad (1-1/2c. lettuce, 1 oz. egg, 1oz. ham, 1oz. turkey, cheddar cheese) & Soup or Grilled Chicken Salad (2oz chicken, 1-1/2 c. lettuce, 1oz. egg, cheddar cheese) & Soup</p>	<p>Product of the month: Paper Towels</p> <p>2% Milk and WG Bread served with each meal. Each meal contains 3oz protein, 1 c. veggies & 1/2 c fruit</p> <p>Menu subject to change</p>			<p>1) BBQ Chicken Potato Salad Corn Mixed Fruit WG Bread</p>	2)
3)	<p>4) Meatloaf Buttered Whole Potatoes Mixed Veggies Pears WG Bread</p>	<p>5) Maid Rite (hamburger) on WG Bun California Blend Buttered Corn Mandarin Orange Fluff WG Bread</p>	<p>6) Beef Roast Mashed Potatoes w/Gravy Green Beans Jello w/Fruit WG Bread</p>	<p>7) Fried Chicken Sweet Potatoes Brussel Sprout Pineapple Salad WG Bread</p>	<p>8) Fried Fish Baked Beans Cole Slaw Cornbread Mixed Fruit No Bake Cookie</p>	9)
10)	<p>11) Chicken Strips Mashed Potatoes w/Gravy Green Beans Tropical Fruit WG Bread</p>	<p>12) Veggie Beef Soup Peanut Butter Sandwich On WG Bread Relish Tray (peppers, carrots, & celery) Peaches WG Crackers</p>	<p>13) Smothered Pork loin Chops w/Rice Brussel Sprouts Creamed Peas Mandarin Oranges WG Bread</p>	<p>14) Corn Beef & Cabbage Buttered Parsley Potatoes Rosy Applesauce WG Bread</p>	<p>15) Meatloaf Scalloped Potatoes Glazed Carrots Jello w/fruit WG Bread</p>	16)
17)	<p>18) Baked Ham Sweet Potatoes Brussel Sprouts Peaches</p>	<p>19) Sausage/Bacon Scrambled Eggs Hashbrowns B & G Breaded Tomatoes Mandarin Orange</p>	<p>20) Lasagna w/Meat Sauce Buttered Peas Carrots Ambrosia Salad Garlic Toast</p>	<p>21) 3 Meat Pizza w/WG Crust Lettuce Salad Relish Tray (Carrots & Celery) Mixed Fruit</p>	<p>22) Fried Chicken Mashed Potatoes w/Gravy Green Beans Rosy Pears WG Bread Cake/Ice Cream</p>	23)
24)	<p>25) Chicken Parmesan Mixed Veggies Cooked Cabbage Mandarin Oranges WG Bread</p>	<p>26) Cheeseburger on WG Bun Potato Salad Buttered Broccoli Mixed Fruit</p>	<p>27) Baked Ribs Sauerkraut Boiled Buttered Potatoes Peaches WG Bread</p>	<p>28) Tenderloin On WG Bun Onion Rings Lima Beans Jello w/Fruit</p>	<p>29) Center Closed Holiday</p>	30)

Health Screening- 2nd & 4th Thursday, last Friday of each Month
 Pitch on Tuesday Evenings at 6:00 p.m.
 Bridge on Monday Morning 10:00 a.m.

Board Meeting 3rd Thursday each Month
 Dominos on Tuesday & Thursday at 12:30 p.m.
 Approved by Young at Heart, Nutrition Director: