

December 2018 TITLE VI MENU & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 RSVP Christmas Party by Dec. 7th</p> <p>Chili Frito Pie w/Black Beans Sour Cream Salad Apple 2% Milk</p>	<p>4 Grilled Chicken Breast Rice w/ Mushroom Gravy Spinach Angel Food Cake w/ Berry Mix 2% Milk</p>	<p>5 Beef Pot Roast Mashed Potatoes/G Green Beans Strawberry Fluff 2% Milk</p>	<p>6 Iowa Casino Day</p> <p>Tuna Fish Sandwich w/ Lettuce & Tomatoes Chips Cake 2% Milk 1 Homebound Sack</p>	<p>7 Grits or Oatmeal Toast Strawberries Ham 2% Milk Christmas Shopping</p>
<p>10 Meat Loaf Scalloped Potatoes Vegetable Blend Berry Perfect 2% Milk</p>	<p>11 Chicken Nuggets Mac & Cheese Salad Cinnamon Peaches 2% Milk</p>	<p>12 Indian Taco w/ all the Goodies Banana 2% Milk</p>	<p>13 Baked Catfish Pacific Blend Coleslaw Mandarin Oranges 2% Milk 1 Homebound Sack</p>	<p>14 Bacon Egg Cheese Bagel Grape Juice 2% Milk Sac and Fox Tailgate</p>
<p>17 Baked Pork Chops Mashed Potatoes w/Gravy Vegetable Blend Apple 2% Milk</p>	<p>18 Chicken Nachos Refried Beans Spanish Rice All trimmings Cinnamon Peaches 2% Milk 1 Homebound Sack If not attending Party</p>	<p>19 Iowa Tribal Title VI Program Christmas Party 11:00- 3:00</p>	<p>20 Tuna Casserole Tater Tots Carrots Chocolate Pudding 2% Milk 1 Homebound Sack</p>	<p>21 Sausage Gravy & Biscuits Eggs Sausage Orange Juice 2% Milk Cimarron Casino Day</p>
<p>24 All Tribal Offices Closed for the Holidays</p>	<p>25 All Tribal Offices Closed for the Holidays</p>	<p>26 Lasagna Italian Blend Salad Garlic Toast Tiramisus 2% Milk</p>	<p>27 Cod Nuggets Vegetable Blend Mac & Cheese Tropical Fruit Salad 2% Milk 1 Homebound Sack</p>	<p>28 Ham Slice Boiled Egg Toast Cranberry Juice 2% Milk</p>
<p>31 Hamburger Stew Cornbread Salad Plums 2% Milk</p>	<p>All Tribal Offices Closed</p>	<p>Please contact Title VI if you are 55 years old & Native American, Casino specials only apply to those on the List.</p>	<p>If you are in the Iowa Service Area and a Caregiver and need relieve contact Title VI 405-547-5407</p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>