



Iowa Tribe of Oklahoma Title VI Menu

SEPTEMBER 2019

MONDAY	TUESDAY Bird Day	WEDNESDAY	THURSDAY Fish Day	FRIDAY
<p>2</p> 	<p>3 Hot Dogs Chili Dogs & Hamburgers here at WC Chips, baked beans Dessert 2% Milk</p>	<p>4 Corn Soup Green Beans Potato Salad Dessert 2% Milk</p>	<p>5 Title VI Closed Food Truck will be here for lunch, eat on your own</p> <p>Ioway Casino Day</p>	<p>6 Ham-n-Cheese Omelet Biscuit / Gravy Mandarin Oranges 2% Milk</p>
<p>9 Goulash Salad Pineapple Upside down Cake 2% Milk</p>	<p>10 Turkey Enchiladas Mexicali Blend Garden Salad Hot Peach Crisp 2% Milk</p>	<p>11 Meatloaf Mashed Potatoes W Gravy Winter Blend Dessert 2% Milk</p>	<p>12 Salmon Cakes Coleslaw w/ Raisins Macaroni Salad Tropical Fruit Salad Hot Wheat Roll 2% Milk Sack Meal</p>	<p>13 Cream of Wheat Boiled Egg/ Sausage Wheat Toast Apricots Tomato Juice 2% Milk</p> <p>Cimarron Casino Day</p>
<p>16 Steak Fingers Mashed Potatoes w/ Gravy Imperial Summer Blend Pineapple Chucks 2% Milk</p>	<p>17 Soft Turkey Taco w/ Let, Tom, Onion, Sour Cream, Guacamole & Chips Black Beans Fruit Cocktail Salad 2% Milk</p>	<p>18 Senior Day at the Oklahoma State Fair Transportation provided from WC leave at 8:30 back at 4. Must provide your own transportation to WC . Lunch on your own.</p>	<p>19 Baked Catfish Broccoli Salad Mac-n-Cheese Cantaloupe 2% Milk Sack Meal</p>	<p>20 Bacon Scrambled Eggs Wheat Toast Salsa Orange Juice / 2% Milk</p> <p>Sac & Fox Tailgate</p>
<p>23 Smothered Pork Chops w/ Mushroom Gravy Mashed Potatoes Carrot Coins Strawberry Fluff Hot Wheat Bread 2% Milk</p>	<p>24 Cold Turkey Wheat Sub lettuce, tomatoes, onions Baked Lays Chips Low Fat Cottage Cheese Pineapple Chucks 2% Milk Sack Meal</p>	<p>25 Indian Taco Dessert 2 % Milk</p>	<p>26 Baked Tilapia Key Largo Garden Salad Peaches Wheat Bread 2% Milk Sack Meal</p>	<p>27 ALL TRIBAL OFFICES ARE CLOSED NATIVE AMERICAN DAY</p>
<p>30 Salisbury Steak New Potatoes w/ Gravy California Blend Cookies Hot Wheat Roll 2% Milk</p>		<p>C.O.F.F.E.E. Christ Offers Forgiveness For Everyone Everywhere</p> 	<p><u>Menu Subject to Change without Notice</u></p>	