

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

April 2024

Menu Calendar
 Lunch Served 11:30-12:30

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
	1) Lasagna w/Meat Sauce Lettuce Salad Buttered Broccoli Garlic Toast Mixed Fruit Peanut Butter Cookie	2) Maid Rite (hamburger) on WG Bun Potato Salad Baked Bean Pineapple	3) Beef Roast Mashed Potatoes w/Gravy Green Beans Peaches WG Bread	4) BBQ Chicken Cole Slaw Baked Potato Banana	5) Pork Roast Dressing Cheesy Potatoes Peas Baked Apples	6)
7)	8) Sausage/Bacon Scrambled Eggs, Hash Browns w/onions B & G Diced Tomatoes Mandarin Oranges	9) Oven Fried Chicken Fried Potatoes w/onions Scalloped Corn Applesauce	10) Pulled Pork on WG Bun Cole Slaw Baked Beans Pineapple Chunks	11) Rye Bread on Rye Bread With Sauerkraut Glazed Carrots Pea Salad Peach Delight	12) Meat Loaf Mashed Potatoes w/Gravy Green Beans Mixed Fruit	13)
14)	15) Swiss Steak Scalloped Potatoes Cook Buttered Cabbage Pears	16) Hamburger on WG Bun Potato Salad 3 Bean Salad Peaches & Cottage Cheese	17) Smothered Pork loin Chops Mashed Potatoes w/Gravy Spinach Mandarin Oranges	18) Sweet n Sour Chicken w/Rice Buttered Peas Green Beans Pineapple Chunks Egg Rolls	19) Fried Fish Brussel Sprout Buttered Carrots Cornbread Mixed Fruit	20)
21)	22) Chicken Strips Cheesy Potatoes Glazed Carrots Peaches	23) Baked Ham Sweet Potatoes Corn WG Roll Mandarin Oranges	24) Roast Beef Sandwich Buttered Broccoli Au Gratin Potatoes Rosy Applesauce	25) 3 Meat Pizza w/WG Crust Lettuce Salad Relish Tray (pickles, Carrots & Celery) Pears	26) Fried Chicken Mashed Potatoes w/Gravy Green Beans Tropical Fruit WG Bread Cake	27)
28)	29) Meat Loaf Scalloped Potatoes Broccoli w/Cheese Pineapple	30) Country Fried Steak Mashed Potatoes w/Gravy Buttered Cauliflower Applesauce WG Roll	Menu subject to change. 2% Milk served with each meal. WG Bread or WG Crackers are served with each meal. 3oz Protein 1 cup Veggies ½ cup Fruit	Choice other than menu served daily dine in only. Chief Salad (3c. lettuce mix, 1 oz. egg, 1oz. ham, 1oz. turkey, cheddar cheese) or Grilled Chicken Salad (2oz chicken, 3c. lettuce mix, 1oz. egg, cheddar cheese)	Product of the month. Brown Sugar or Powdered Sugar	29)

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 Project Director:

R. Kegode
 03/13/2024