

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Creamed Ham on Biscuits	BBQ Pork on Bun 1.5	Taco Salad 0.5	Beef Macaroni & Cheese 1	Crispy Fish
Tri-Tators	Sweet Potato Tots 2	Tortilla Chips 0.5	Garlic Bread 1	Party Potatoes 1
Tomatoes	Lettuce Salad	Salsa	Brussel Sprouts	Succotash 1
Strawberries	Peaches 1	Fiesta Corn 1	Orange 1	Garlic Toast 1
Muffin	Fruited Yogurt 1	Fruit Cocktail 1	Dessert 1	Vanilla Fruit Salad 1.5
		Lemon Bar 1		
8	9	10	11	12
Peachy Pork Chop .5	Chicken Patty on Bun 2	Lasagna 1.5	Meatballs	Salmon Loaf
Spinach	Lettuce & Tomato	Mixed Vegetables 1	Mashed Potatoes & Gravy 1	Creamy Potatoes 1.5
Roll 1	Seasoned Squash	Applesauce 1	Asparagus	Corn O'Brien 1
Pineapple 1	Tator Tots 1	Orange 1	Pears 1	Banana 2
Cookie 1.5	Cranberry Fluff Salad 2	Garlic Bread 1	Muffin 1.5	Cherry Dump Cake 1.5
15	16	17	18	19
Scalloped Potatoes 2	Santa Fe Chicken	Meatloaf	Hamburger Chili 1.5	Lemon Fish
w/ Turkey Ham	Pasta Salad 1	Potatoes 1	Corn 1	Creamed Potatoes 1.5
Asparagus	Spinach	Peas 1	Crackers 1	Country Trio Vegetables
Banana and Orange Cup 1	Mandarin Oranges 1	Strawberries 1	Peaches 1	Wheat Dinner Roll 1
Dessert 1.5	Chocolate Chip Cookie 1.5	Cake 2	Berry Crisp 2	Pineapple 1
		BIRTHDAY DAY		
22	23	24	25	26
Beefy Noodles over 1.5	COOK'S CHOICE	Baked Fish	Ham Loaf 0.5	Beef Stew 1
Whipped Potatoes 1	Goulash	Lima Beans 1	Potatoes 1	Tropical Fruit 1
Peas 1	Green Beans	Harvard Beets 1	Broccoli	Apple Crisp 2
Spiced Pears 1	Carrots	Fruit Cocktail 1	Strawberries 1	Crackers 1
Plums 1	Bread Pudding	Cookie 1	Cake 2	
	Apple			
29	30	TO RESERVE OR CANCEL	If Newton Schools are on	If Newton Schools close
Chicken Tetrizzini 1.5	Deli Sandwich 1.5	A MEAL, CALL	hard surfaces only, we will	due to weather, we close.
Carrots	w/Lettuce and Tomato	641-792-7102	not deliver to clients on	Listen to KCOB radio
Pears 1	Potato Salad 1	Or	gravel roads.	(1280 AM or 95.9 FM) or
Bananas 2	Peaches 1	TOLL FREE 1-866-942-7102		TV Channels 5, 8, or 13.
	Fruited Yogurt 1			

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number after the food item denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.


Stephanie Labenz MS, RD.