

To order or cancel a meal, please call between 9am and 12pm on the day before.
 For additional information call Coffeyville at 620-251-7313 or Pittsburg at 620-232-7443.

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken/Rice Bake 1c Beet Salad 1/2c Mandarin Oranges 1/2c	Cheeseburger/Bun 1 Pineapple Coleslaw 1/2c Three Bean Salad 1/2c Fresh Orange 1 BOWL	Honey Glazed Pork Loin 1 Mashed Sweet Pots 1/2c Buttered Corn 1/2c Fruit Salad 1/2c Roll 1	Chicken Marinara 1 Buttered Egg Noodles 1/2c Green Beans 1/2c Mixed Fruit 1/2c Breadstick 1	CLOSED
9	10	11	12	13
Grilled Chicken/Bun 1 Macaroni/Cheese 1/2c Garden Salad 1c Fresh Banana 1	Fish Wedge w/Tartar Sauce 1 Coleslaw 1/2c Baked Beans 1/2c Pears 1/2c	Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Buttered Peas 1/2c Pineapple Tidbits 1/2c Roll 1	Herb Baked Chicken 1 Baked Potato 1 Buttered Corn 1/2c Mixed Fruit 1/2c Roll 1	CLOSED
16	17	18	19	20
BBQ Chicken/Bun 1/2c Baked Beans 1/2c Warm Potato Salad 1/2c Peaches 1/2c	Taco Salad 1c (meat,beans,lettuce,cheese,toms) Pineapple Tidbits 1/2c Tortilla Chips 1 *Birthday Treat* 1 BOWL	Fish Wedge w/Tartar Sauce 1 Garlic Mashed Potatoes 1/2c Broccoli/Carrots 1/2c Citrus Salad 1/2c Hush Puppies 3	Ham/Beans 1c Coleslaw 1/2c Fresh Orange 1 Cornbread 1	CLOSED
23	24	25	26	27
BBQ Hamburger/Bun 1 Garden Salad 1c Fiesta Corn Salad 1/2c Pears 1/2c BOWL	Chicken Salad 1/2c Spinach Salad 1/2c Pasta Salad 1/2c Fresh Apple 1 Crackers 4 Packs BOWL	Baked Ham 1 Red Beans/Rice 1/2c Glazed Carrots 1/2c Mandarin Oranges 1/2c Roll 1	Chicken/Noodles 1c Green Beans 1c Mixed Fruit 1/2c BOWL	CLOSED
30	31			
Spaghetti w/Meat Sauce 1c Italian Blend Vegetables 1/2c Fresh Banana 1	Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Mini Baby Carrots 1 Applesauce 1/2c Orange Juice 1 BOWL			

RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT.
WHEAT BREAD, MARGARINE & 1% MILK SERVED WITH ALL MEALS
UNLESS OTHERWISE SPECIFIED.
FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED.
*****MENU IS SUBJECT TO CHANGE*****

Suggested Donation \$2.00

Southeast Kansas Area Agency on Aging, Inc.
 (for those 60 years and older) Consultation with SEK-AAA Dietitian may be arranged. This institution is an equal opportunity provider.

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2 Chicken/Rice Bake Beet Salad Mandarin Oranges	3 Cheeseburger/Bun Pineapple Coleslaw Three Bean Salad Fresh Orange	4 Honey Glazed Pork Loin Mashed Sweet Potatoes Buttered Corn Fruit Salad Roll	5 Chicken Marinara Buttered Egg Noodles Green Beans Mixed Fruit Breadstick	6 CLOSED
9 Grilled Chicken/Bun Macaroni/Cheese Garden Salad Fresh Banana	10 Fish Wedge w/Tartar Sauce Coleslaw Baked Beans Pears	11 Roast Beef Mashed Potatoes/Gravy Buttered Peas Pineapple Tidbits Roll	12 Herb Baked Chicken Baked Potato Buttered Corn Mixed Fruit Roll	13 CLOSED
16 BBQ Chicken/Bun Baked Beans Warm Potato Salad Peaches	17 Taco Salad (meat,beans,lettuce,cheese,toms) Pineapple Tidbits Tortilla Chips *Birthday Treat*	18 Fish Wedge w/Tartar Sauce Garlic Mashed Potatoes Broccoli/Carrots Citrus Salad Hush Puppies	19 Ham/Beans Coleslaw Fresh Orange Cornbread	20 CLOSED
23 BBQ Hamburger/Bun Garden Salad Fiesta Corn Salad Pears	Chicken Salad Spinach Salad Pasta Salad Fresh Apple Crackers	Baked Ham Red Beans/Rice Glazed Carrots Mandarin Oranges Roll	Chicken/Noodles Green Beans Mixed Fruit	CLOSED
30 Spaghetti w/Meat Sauce Italian Blend Vegetables Fresh Banana	31 Biscuit/Sausage Gravy Hard Boiled Egg Mini Baby Carrots Applesauce Orange Juice			RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT. WHEAT BREAD, MARGARINE & 1% MILK SERVED WITH ALL MEALS UNLESS OTHERWISE SPECIFIED. FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED. ***MENU IS SUBJECT TO CHANGE***



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▶ FOOD AND PHYSICAL ACTIVITY CHECKLIST



- Eat foods from each food group each day.
- Use measuring cups to learn what 1 cup and ½ cup look like.
- Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- Visit a local farmers market to buy fruits and vegetables in season.
- Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- Use the Nutrition Facts label to find healthier foods at the grocery store.

- Play active games like tag or jump rope with children.
- Walk with the kids to school each day.
- Take the stairs, not the elevator.
- Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:
