

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.

AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
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---			Oven Baked Chicken Garlic Mashed Potatoes Candied Carrots Mandarin Oranges Wheat Bread	CLOSED
5	6	7	8	9
Biscuit/Sausage Gravy Hard Boiled Egg Carrot Raisin Salad Applesauce Orange Juice	Fish Wedge/Tartar Sauce Parslied Potatoes Beet Salad Hush Puppies Pears	Chicken Salad Spinach Salad Macaroni Salad Fresh Apple Crackers *Birthday Treat*	Roast Beef Mashed Potatoes/Gravy Confetti Corn Fruit Salad Roll	CLOSED
12	13	14	15	16
Meatballs/Tomato Gravy Aldente Egg Noodles Mixed Vegetables Cinnamon Apples Wheat Bread	Sweet/Sour Chicken Steamed Rice Winter Blend Vegetables Fresh Orange Wheat Bread	Tuna Salad Cottage Cheese Garden Salad Pineapples/Mandarin Oranges Crackers	Grilled Chicken Patty Dressing/Gravy Green Beans Peaches/Strawberries Cranberry Sauce Roll	CLOSED
19	20	21	22	23
Goulash California Blend Vegetables Fresh Banana Wheat Bread	Ham/Beans/Onions Creamy Coleslaw Fresh Orange Cornbread	BBQ Chicken/Bun Baked Beans Warm Potato Salad Peaches	Chicken Tetrazzini Green Beans Mixed Fruit Breadstick	CLOSED
26	27	28	29	30
Cheeseburger/Bun Pineapple Coleslaw Three Bean Salad Fresh Apple	Chicken Marinara Spaghetti Noodles Green Beans Applesauce Breadstick	Sloppy Joe/Bun Corn Spinach Salad Mixed Fruit	Fish Wedge/Tartar Sauce Cheesy Potatoes Peas/Carrots Citrus Salad Hush Puppies	CLOSED



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.



PLEASE MAKE CHECKS PAYABLE TO : SEK-AAA PO BOX J CHANUTE, KS 66720

How to make a Healthy Snack

Whether or not you have diabetes, you probably like having a snack now and then. The goal is to choose healthy snacks. The snacks listed here may cause a small increase in blood sugar, but are not to be used to treat a low blood sugar problem. To build your own snack, choose one (1) carbohydrate food and one (1) protein or healthy-fat food from each box.

Measures:
oz. = ounce
tsp. = teaspoon
tbsp. = tablespoon

Carbohydrates (Carbs)



Proteins and Healthy Fats

- 1 small apple
- 1 small sweet potato
- 1 small banana
- ½ cup of cooked plain oatmeal
- 1 small pear
- 1¼ cups of strawberries
- ¾ cup of blueberries
- 3 graham cracker squares
- 5 small whole-wheat crackers
- 1 slice of bread with 3 or more grams of fiber
- ¾ cup of unsweetened dry cereal



- 1 tbsp. of peanut butter, almonds, or cashews
- 1 to 2 ounces (oz.) of chicken salad
- 1 to 2 oz. of skinned chicken
- 1 to 2 oz. of low-sodium turkey
- 2 oz. of tuna
- 1 hard-boiled egg
- 4 oz. of low-fat cottage cheese
- 1 string cheese or 1 slice of Swiss cheese
- 10 unsalted almonds or peanuts
- ¼ avocado
- 2 tbsp. of hummus
- 8 oz. glass of low-fat milk
- 6 oz. of low-fat or fat-free yogurt

= Healthy Snack

Note: Always check with your health care provider or diabetes care and education specialist before you make any change in your diabetes meal plan.

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5 Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Carrot Raisin Salad 1/2c Applesauce 1/2c Orange Juice 1 BOWL	6 Fish Wedge/Tartar Sauce 1 Parslled Potatoes 1/2c Beet Salad 1/2c Hush Puppies 3 Pears 1/2c	7 Chicken Salad 1/2c Spinach Salad 1c Macaroni Salad 1/2c Fresh Apple 1 Crackers 4 Packs *Birthday Treat* 1 BOWL	8 Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Confetti Corn 1/2c Fruit Salad 1/2c Roll 1	9 CLOSED
12 Meatballs/Tomato Gravy 6 Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c Wheat Bread 1	13 Sweet/Sour Chicken 1/2c Steamed Rice 1/2c Winter Blend Vegetables 1/2c Fresh Orange 1 Wheat Bread 1	14 Tuna Salad 1/2c Cottage Cheese 1 Garden Salad 1c Pineapples/Man Oranges 1/2c Crackers 4 Packs BOWL	15 Grilled Chicken Patty 1 Dressing/Gravy 1/2c, 1/4c Green Beans 1/2c Cranberry Sauce 1/4c Peaches/Strawberries 1/2c Roll 1	16 CLOSED
19 Goulash 1c California Blend Vegetables 1c Fresh Banana 1 Wheat Bread 1	20 Ham/Beans/Onions 1c Creamy Coleslaw 1/2c Fresh Orange 1 Cornbread 1 BOWL	21 BBQ Chicken/Bun 1/2c, 1 Baked Beans 1/2c Warm Potato Salad 1/2c Peaches 1/2c	22 Chicken Tetrazinni 1c Green Beans 1c Mixed Fruit 1/2c Breadstick 1	23 CLOSED
26 Cheeseburger/Bun 1 Pineapple Coleslaw 1/2c Three Bean Salad 1/2c Fresh Apple 1 BOWL	27 Chicken Marinara 1 Spaghetti Noodles 1/2c Green Beans 1/2c Applesauce 1/2c Breadstick 1 BOWL	28 Sloppy Joe/Bun 1/2c, 1 Corn 1/2c Spinach Salad 1c Mixed Fruit 1/2c BOWL	29 Fish Wedge/Tartar Sauce 1 Cheesy Potatoes 1/2c Peas/Carrots 1/2c Citrus Salad 1/2c Hush Puppies 3	30 CLOSED

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