

# January 2017

## KICKAPOO TRIBE OF OKLAHOMA NUTRITION PROGRAM

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Closed	3 Spaghetti, Meat Sauce, Green Beans, Rolls and Milk	4 Steak Fingers, Mashed Potatoes, Green Beans, Rolls and Milk	5 Potato Soup, Cornbread and Milk	6 Pancakes, Scrambled Eggs and Sausage	7
8	9 Pinto Beans Soup, Cornbread, Dessert and Milk	10 KEC Meeting Pot Luck Please Bring Covered Dish	11 Baked Chicken, Mashed Potatoes, Corn, Gravy and Milk	12 Yellow Cornmeal Soup, Dessert and Milk	13 Scrambled Eggs, Bacon, Torillas	14
15	16 Closed	17 Black-Eye Pea Soup, Hot Pepper Meat, Cornbread, Dessert and Milk	18 Tradition Meal corn soup, Gravy Meat, Fry Bread and Milk	19 Fish Sticks, Tater Tots, Cole Slaw, Dessert and Milk	20 Sausage Gravy and Biscuits	21
22	23 Tomato Soup, Grilled Cheese Sandwiches and Milk	24 Little Smokies, Mac&Cheese, Bake Beans and Milk	25 Enchiladas, Refried beans, Rice and Milk	26 Chicken Pasta Soup, Dessert and Milk	27 Boiled Eggs, Toast and Bacon	28
29	30 Chili Mac, Crackers, Dessert and Milk	31 Cabbage Stew, Rice, Cornbread and Milk				
	Lunch Served Monday --Thursday 12PM		Menu Subject to Change		Breakfast Only Fridays 9:00AM	