

September 2023

Ector Co.Eld. Nutrition
1225 N. Adams-Odessa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Note: Tea, Milk & Bread will be provided with every Meal				1
				Chicken Patty Cream Gravy Mashed Potatoes Savory Spinach WW Roll/Bread Vanilla Pudding w. Mandarin Oranges Tea/Milk
4	5	6	7	8
CLOSED FOR LABOR DAY 	Grilled Chicken Breast Scalloped Potatoes Capri Vegetables Spinach Salad FF Italian Dressing WW Roll/Bread Ambrosia Tea/Milk	Ham & Cheese Sandwich with Lett/ Tomato on WW Bread Orange Gelatin with Grated Carrots Cinnamon Applesauce Tea/Milk	Roast Beef Brown Gravy Oven Browned Potatoes Oven Okra WW Roll/Bread Banana Pudding Tea/Milk	Chicken Spaghetti with Pimento California Blend Vegetables WW Roll/Bread Apricot Cobbler Tea/Milk
11	12	13	14	15
Chopped BBQ on Whole Wheat Bun Potato Salad Sliced Onion Pickle Relish Coleslaw Pear Crisp Tea/Milk	Turkey with Turkey Gravy Sweet Potato Casserole w. Marshmallows Green Beans WW Roll/Bread Mixed Tropical Fruit Cup	Chicken Enchiladas Black Beans & Corn Chopped Lettuce & Tomato Salad Tortilla Chips Salsa Citrus Fruit Cup Tea/Milk	Lean Ground Beef Patty with Mushroom Gravy New Potatoes Slices Broccoli & Cauliflower WW Roll/Bread Tapioca Pudding Tea/Milk	Texas Chicken Fried Steak Cream Gravy Mashed Potatoes Carrots WW Roll/Bread Applesauce Bar Tea/Milk
18	19	20	21	22
Turkey & Swiss Cheese Sandwich on Wheat Green Pea Salad Strawberry Short Cake Tea/milk	Beef Pot Pie Tossed Salad FF Dressing Spice Cake with Icing Tea/Milk	BBQ Chicken Hot German Potato Salad Mixed Squash with Red Peppers WW Roll/Bread Fruit Cocktail Tea/Milk	Chili Cheese Hot Dog Ketchup Mustard Baked Beans Marinated Tomato & Onion Salad Apricot Halves Tea/Milk	Baked Ham Sweet Potato Casserole Italian Green Beans WW Roll/Bread Lemon Pudding Tart Tea/Milk
25	26	27	28	29
Pinto Beans & Ham Chunks Sliced Onion Jalapeno & Red Pepper Marinated Tom Wedge Cornbread Orange Gelatin Cake Tea/Milk	Oven Fried chicken Cream Gravy Mashed Potatoes Green Beans with Pimento WW Roll/Bread Melon Balls Tea/Milk	Beef Macaroni Casserole Green Peas Tossed Salad FF Dressing WW Roll/Bread Dump Cake Tea/Milk	Fish Nuggets Rice Pilaf California Blend Hush Puppies Baked Apple Slices Tea/Milk	Hamburger with Condiments on WW Bun Au Gratin Potato Casserole Strawberries Whip Topping Tea/Milk