

August 2025

Ector Co.Eld. Nutrition
1225 N. Adams-Odessa
(432)337-5281

Due to availability of food, menu is subject to change

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

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tex-Mex Goulash Mashed Potatoes Broccoli Florets Granola Bar Jello Tea/Milk
4	5	6	7	8
Beef Chopped Steak Scalloped Potatoes Green Beans Jello Cookie Tea/Milk	Honey Dijon Chicken Wild Rice CA Mixed Vegetables Granola Bar Cake Tea/Milk	BBQ Beef Strips Mashed Potatoes Peas & Carrots Cheez Its Pie Tea/Milk	Beef & Potato Burrito Spanish Rice Veg Refried Beans Muffins Fruit Cup Tea/Milk	CK & Sausage Gumbo White Rice Okra & Tomatoes Apple Sauce Lemon Bar Tea/Milk
11	12	13	14	15
Swedish Meatballs Red Skin Mashed Pot Italian Green Beans Harvest Nuts Rice Krispys Tea/Milk	Teriyaki Chicken Vegetable Rice Broccoli & Carrots Yogurt Cake Tea/Milk	Meatloaf / Marinara Mashed Potatoes 5 Way Mixed Veggies String Cheese Pie Tea/Milk	Southwest Chicken Black Beans & Pico Green Bean & Tomato Gardettos Cookie Tea/Milk	Beef Pepper Steak White Rice Prince WM Vegetables Granola Bar Fresh Fruit Tea/Milk
18	19	20	21	22
Chicken Alfredo Wild Rice CA Mixed Vegetables Pudding Brownie Tea/Milk	Beef Fajitas Spanish Rice Refried Beans Cheez Its Cake Tea/Milk	Italian Goulash White Hominy Green Beans Jello Cookie Tea/Milk	Salisbury Steaks Red Skin Mashe Pot Sugar Snap Peas Peanut Butter Cracker Yogurt Tea/Milk	Gen Tso's Grilled CK White Rice Broccoli & Carrots Harvest Nuts Pie Tea/Milk
25	26	27	28	29
BBQ Pork Riblets (2) Bell Pepper Corn Bacon Green Cabbage Muffins Fruit Cup Tea/Milk	Chicken Poultry Gravy Mashed Potatoes Broccoli Florets Granola Bar Cake Tea/Milk	Sliced Beef Brisket Black Eyed Peas String Green Beans Pudding Oreo Tea/Mik	Herb Pork Loin (BG) Baked Beans 5 Way Mixed Veggies Fresh Fruit Pie Tea/Milk	Orange Glazed Beef White Rice Asian Vegetables Cheez Its Cake Tea/Milk