

August 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
	1	2	3	4
	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
7	8	9	10	11
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
14	15	16	17	18
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
21	22	23	24	25
Manwhich Sloppy Joe on Whole Wheat Bun Pinto Beans Dill Relish Onion Slice Banana/Citrus Cup Tea/Milk	Chicken Fajita on Multi Grain Tortilla FF Sour Cream Shredded Cheese Shredded Lettuce & Chopped Tomato Salsa Spanish Rice Oatmeal Raisin Cookie	Meatloaf Mashed Potatoes Seasoned Turnip Greens Tossed Salad FF Ranch WW Roll/Bread Gingerbread Cake Tea/Milk	Turkey Polish Sausage Black Eyed Peas Stewed Tomatoes Cornbread Mixed Berries Tea/Milk	Chicken Parmesan Patty Paslied Buttered Noodles Green Salad with Cherry Tomatoes FF Ranch Dressing Ambrosia Tea/Milk
28	29	30	31	
Chicken Gumbo Over Steamed Long Grain Brn Rice Okra Green Salad FF Ranch Dressing Peach & Strawberry Slices Sugar Cookie	Smothered Steak with Brown Gravy Buttered Bowtie Pasta with Sweet Red Peppers Steamed Veggies WW Roll/Bread Apricot Halves Tea/Milk	Corn Dog Calico Corn Green & Gold Beans Sliced Tomatoes Spiced Apples Tea/Milk	Open Face Patty Melt with Onions Baked Tator Tots WW Roll/Bread Lettuce & Tomato Salad FF Ranch Dressing Fruit Cocktail Tea/Milk	