

## Lower Sioux Elder Nutrition Program Menu: March 1, 2017- March 31, 2017 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>			<b>March 1</b> <b>Elder's Choice Day!</b>  <b>Club Sandwich</b> <b>Kettle Chips</b> <b>Chocolate Cake w/ sliced strawberries</b>	<b>March 2</b> Beef Stroganoff Cooked carrots Wheat bread Blueberry Crisp	<b>March 3</b> Grilled Cheese Sandwich Tomato Soup Pumpkin seed spinach salad Apple Pie
<b>Week 2</b>	<b>March 6</b> Black Bean Soup Garden Salad w/ Light Ranch Breadstick Banana Pudding Square	<b>March 7</b> Grilled rosemary chicken breast w/ gravy Wild Rice Salad Cooked Carrots Whole Wheat Bread Chef's choice fruit	<b>March 8</b> Garlic & Sage Roasted Pork Rustic Mashed Potatoes Carrots Whole Grain Bread Pumpkin Pie	<b>March 9</b> Swedish Meatballs w/ Egg Noodles Pumpkin Seed Spinach Salad Wheat breadstick Chef's Choice Fruit	<b>March 10</b> Fish Sandwich Bun w/ lettuce and tomato Asparagus Yogurt Parfait w/ Fresh Berries
<b>Week 3</b>	<b>March 13</b> Roast Pork Tenderloin Rustic Mashed Potatoes California Medley Wheat Bread Chef's Choice Fruit	<b>March 14</b> Turkey Pot Pie Pumpkin Seed Spinach Salad Apple Crisp	<b>March 15</b> <b>Elder's Choice Day!</b>  <b>Walleye Fingers w/ tartar sauce</b> <b>Cole Slaw</b> <b>Blueberry Pie</b>	<b>March 16</b> Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Chefs choice fruit	<b>March 17</b> Hearty Ham & White Bean Soup Mixed Greens w/ Ranch dressing Whole wheat bread slice Pumpkin Pie
<b>Week 4</b>	<b>March 20</b> Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit Chocolate Chip Oatmeal Cookie	<b>March 21</b> Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Banana Pudding Square	<b>March 22</b> Grilled Cod Herb Roasted Sweet Potato Garden Salad w/ Ranch Dressing Whole wheat bread slice Chef's Choice Fruit	<b>March 23</b> Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Pumpkin Pie	<b>March 24</b> Chicken Caesar Salad Wrap Fresh Grapes Angel Food w/ Berries & Whipped Topping
<b>Week 5</b>	<b>March 27</b> Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit Cranberry Oatmeal Cookie	<b>March 28</b> Three Sisters Soup Pumpkin seed spinach salad Cornbread muffin with wojapi	<b>March 29</b> Meatloaf w/gravy Parsley Butter Potatoes Cooked Carrots Whole Wheat Dinner Roll Chef's Choice Fruit	<b>March 30</b> Chicken Wild Rice Casserole Steamed Broccoli Whole wheat bread slice Angel Food w/ Berries & Whipped Topping 	<b>March 31</b> Squash macaroni & cheese Vegetable medley Cranberry wild rice dinner roll Berry Crisp

Menu includes 1% or skim milk, coffee, tea, water. The menu meets the requirements of the National Standards for providing healthy meals, the *Dietary Reference Intakes* (DRI's) and the *Dietary Guidelines for Americans*. Menu has been evaluated and approved by: Stacy Hammer, RDN, LD. Menu is subject to change.

\* Guest meals are available for \$8.50. Guest meal price includes: meal, drink, dessert and gratuity. In order to ensure sufficient food is prepared, please call Gayle McCorkell one day prior at: 697-8016 if you need your meal delivered, or if you will be dining at Jackpot. Meals will be served from 11:30- 12:00 pm Monday- Friday at Jackpot Junction, with socialization until 1:00 pm. Dining room location will be on the 2nd floor, but will vary. Please look for room location daily on signage and screens throughout Jackpot Junction. Please turn menu over for healthy snack ideas to place in between your meals. **Please turn over for important Elder Nutrition Program policy information.**



Reminder, the ENP van is available for Elder's needing transportation to and from Jackpot Junction to enjoy their meal with other Elder's in the Dining room for congregate services!

- The van is also handicap accessible, which will allow room for those Elder's requiring their wheelchair for transporting.
- Please call Gayle McCorkell at: 697-8016 if you would like to be transported to Jackpot Junction dining room for your meal service.

\*The van will be utilized first and foremost for transporting Elder's to & from Jackpot Junction for their lunch, and for meal delivery. However, the van may be utilized for local grocery shopping trips, during non-meal service hours. For insurance liability purposes, the van may only be driven by a Lower Sioux Community staff member.

- Please call Gwen at: 697-8941 and leave a message to reserve your grocery store trip. First come, first serve, maximum of 7 adults in one trip. Those who wish to reserve transportation to grocery stores must be 18 years of age or older.

### Lower Sioux Caregiver Services Program Eligibility Requirements:

**Family caregiver\*** means an adult family member, or another individual, who is an informal provider of in-home and community care to an eligible elder *or to an individual with Alzheimer's disease or a related disorder*. Respite care is care provided to a frail elder so that the caregiver can have a break.

**Grandparents raising grandchildren - CHILD** – The term "child" means an individual who is not more than 18 years of age *or who is an individual with a disability*. GRANDPARENT OR OLDER INDIVIDUAL WHO IS A RELATIVE CAREGIVER – a grandparent or step-grandparent of a child, or a *relative of a child by blood, marriage, or adoption who is 60 years of age or older* and either (A) lives with the child; (B) is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; or (C) has the legal relationship to the child or is raising the child informally.

**Clarification of services** - In respect to Grandparents caring for Grandchildren, the Lower Sioux Title VI program (Elder Nutrition Program) may utilize caregiver funds from the Native American Caregiver Support Program to provide respite and supplemental services to grandparents and relative caregivers. Funds may be provided to pay expenses such as summer camps and the SACC program that would allow grandparents a break from their daily caregiving responsibilities. Furthermore, funds may be utilized to provide daycare services for facilities licensed under Lower Sioux Health and Social Services.

- Grandparents raising Grandchildren will be allotted up to 24 hours of respite care per month. Families will be notified if allotments are adjusted due to changes in funding.
- \*Eligible family caregiver 60 years of age or older may receive up to 24 hours of respite care per month. Respite care can be provided in the home of the elder, the caregiver, or it can be provided at an out of home setting such as a senior center or adult day care center.

**In order to begin services, and check for eligibility please contact Lower Sioux Title VI Director, Stacy Hammer, RDN, LD at: 697-8945.**