

## Lower Sioux Elder Nutrition Program Menu: March 1, 2021- March 31, 2021 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	March 1 Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit	March 2 <b>Elder's Choice Day!</b>  <b>Broasted Chicken</b> <b>Mashed potatoes/gravy</b> <b>Corn</b> <b>Chef's choice dessert</b>	March 3 Spaghetti w/ Meat Sauce Cooked broccoli English Muffin Garlic Bread Banana pudding square	March 4 Split pea and ham soup Garden salad with western dressing Wheat breadstick Apple pie	March 5 Beef Stroganoff Cooked carrots Wheat bread Angel Food with Berries & whipped topping
	Week 2 Lower Sioux Health Care Center and LSIC Government buildings closed March 12th!	March 8 Pot Roast Parsley Butter Potato Cooked vegetable medley Whole wheat bread slice Chocolate Pudding	March 9 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked carrots Whole wheat bread slice Apple Crisp	March 10 Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding	March 11 Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi <b>*Weekend meals will be delivered today with Thursday lunch</b>
Week 3		March 15 Turkey Pot Pie Garden Salad w/ Light Ranch Mixed berry Crisp	March 16 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Strawberry rhubarb square	March 17 Baked Ham Au gratin potatoes Cooked green beans Apple Sauce	March 18 Chicken Noodle Soup Garden salad with western dressing Wheat dinner roll Banana pudding square
	Week 4	March 22 Meatloaf w/gravy Mashed Potatoes Cooked green beans Whole Wheat Dinner Roll Mixed fruit cocktail	March 23 <b>Elder's Choice Day!</b>  <b>Pork Chops</b> <b>Mashed Potatoes</b> <b>Chef's choice cooked vegetable Cherry pie</b>	March 24 Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Lemony fruit cup	March 25 Chicken Wild Rice Soup Garden Salad w/ Western Dressing Wheat Dinner Roll Chocolate brownie
Week 5		March 29 Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup	March 30 Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit	March 31 Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Apple 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.

\*If you need to make any changes to your delivery schedule, please call the Lower Sioux EOC at least one day prior at: 320-522-0216. Meals will be delivered between 11:00-12:00 pm Monday- Friday. Please see the back of the menu for March Cansayapi Food Pantry dates of operation. The Food Pantry is currently located at Jackpot Junction, in the Dakota Expo Center (DEC).



# CANSAYAPI FOOD PANTRY

**Wednesdays March 3rd, 10th,  
17th, 24th & 31st:  
9:00am - 6:00pm**

If you or your family is experiencing an emergency food need on a day the pantry is not open, please call 507-430-5746 to set up an appointment to come in to visit the pantry.

**THIS FOOD PANTRY IS FOR ALL JACKPOT  
EMPLOYEES, LSIC EMPLOYEES, LSIC MEMBERS, &  
FAMILIES SERVED BY LSIC (HUMAN SERVICES,  
CWO, ETC.)**

- COVID precautions will be practiced
  - Pick up only, deliveries will not be provided.
  - Distribution portions will be practiced
  - Employee badges will be required to receive distribution
- Please call Lyz at 507-430-5746 or email  
lyz.lablanc@lowersioux.com for questions.