

CHEROKEE NATION ELDER NUTRITION PROGRAM

SGUGʼAVPʼᎠ

Visit one another with love

2026 August

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Chicken Brown Rice Green Beans Wheat Roll Peaches	4 Egg salad sandwich on Wheat Pickle spears Apple	5 Pork Roast w/ vegetables Corn on the cob Wheat Roll Pears	6 Potato Crusted Pollock Pinto Beans Hushpuppy Mandarin Oranges	7 Turkey & Provolone Grilled Panini Sandwich Fresh Spinach, Tomatoes Sun Chips Watermelon
10 White beans w/ham Baked fresh zucchini Cornbread Fresh fruit salad	11 Ground Beef or Turkey Stroganoff Whole Grain Egg Noodles Peas & carrots Pears	12 BBQ Chicken thighs Baked Beans WG Macaroni Salad Oatmeal Raisin Cookie	13 Roast Turkey Sweet Potatoes Green Beans Wheat Roll Cranberry sauce	14 Tuna Salad Sandwich on Wheat Lettuce, Tomatoes Cottage Cheese Pineapples
17 Chicken Breast Fire Braised on Wheat Bun Fresh Spinach, Tomatoes WG Pasta salad Apple slice	18 Beef & Turkey Meatloaf Scalloped Potatoes Wheat Roll Applesauce	19 Eggs Sausage Wheat Toast Fruit yogurt	20 Baked Ham Broccoli Cheese & Rice Casserole Pears	21 Three Sisters Stew Cornbread / Crackers Garden Salad Peaches
24 Spaghetti w/ Meat Sauce Baked fresh squash Wheat Garlic Toast Mixed tropical fruit	25 Pork chop Glazed Carrots Wheat Bread Fruit Crisp	26 Ham & Cheese on wheat Tomato & Cucumbers Sun Chips Birthday cake	27 Salisbury Steak Whipped Potatoes Green Beans Wheat Roll Mandarin Oranges	28 Chicken Quesadilla Wheat Tortilla Spanish Rice Refried Beans Pineapple
31 Chicken Breast Fire Braised Broccoli Cheese & Rice Casserole Wheat roll Mixed fruit				

