

Prairie Mountain Nutrition and
Pioneer Senior Citizens of
COTTONWOOD
Meals served Tuesdays at 12:00 noon



COTTONWOOD

<https://prairiemountainnutrition.org>

OCTOBER 1

BEEF STROGANOFF
BROCCOLI & CARROTS
MANDARIN ORANGES
PICKLED BEETS
GARLIC BREAD

OCTOBER 22

BBQ CHICKEN
GREEN BEANS
MASHED POTATOES
PINEAPPLE
WW BREAD

OCTOBER 8

PORK CHOPS
ROASTED POTATOES
GREEN BEANS
PEARS
WW BREAD

OCTOBER 29

SWEET & SOUR CHICKEN
WARM APPLE SLICES
COLESLAW
PEAS
WW ROLL

OCTOBER 15

TACO PIE
CORN W/ BEANS & RICE
GREEN SALAD W/ TOMATOES
PEACHES
WW ROLL

*All meals served with milk.

USDA is an equal opportunity provider and employer

For more information contact Tiffany Forsmann 208-962-7393

Meals are subject to change

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