

CHEROKEE NATION

ELDER NUTRITION PROGRAM

SGLGŌAVPŏDĀ

Visit one another with love

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Dog, Fries/Tator Tots, Cheese, Peach w/ Cottage Cheese	3 Hamburger Steak, Mashed Potatoes, Brown Gravy, Carrots, Roll and Cake	4 Spaghetti with ground beef, Corn, Salad, Garlic Toast and Mixed Fruit	5 Grilled/Baked Pork Chops, Baked Potato, Steamed Broccoli, Bread and Cookie	6 Chicken and Dumplings, Peas and Carrots, Salad and Brownie
9 Goulash, Fried Potatoes, Garlic Bread and Pears	10 Crispito, Spanish Rice, Corn and Jello with Fruit	11 Hamburger w/ Cheese, Onion Rings, Lettuce, Tomato, Onion & Fruit Salad	12 Chicken Salad Sandwich, Lettuce, Pickle, Chips and Cookie	13 Cook's Choice
16 Ham & Cheese Quiche, Gravy, Bread and Mixed Fruit	17 Egg Rolls, Fried Rice, Asian Blend Veggies and Pineapples	18 Indian Taco w/ fixings and Jello w/ Fruit	19 Pinto Beans, Spinach or Turnip, Garlic Roasted Potatoes, Cornbread & Cake	20 Chicken Pot Pie, Fried Okra and Sweet Potato
23 Fish, Mac & Cheese, Black-eyed Peas, Cornbread and Banana Pudding	24 Cook's Choice	25 Meatloaf, Mashed Potatoes, Green Beans, Gravy, Roll and Peaches	26 Corndog, Potato Salad, Baked Beans and Cookie	27 Chicken & Noodle Soup, Mixed Veggies, Toast and Chocolate Pudding

