JANUARY 2026
FORT MORGAN MEAL SITE
For Reservations or Cancellations call 970-571-5073 by 8:00 a.m.

"The following major food allergens are used as ingredients:
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and sesame. Please contact staff for more information about these ingredients"
If you have questions about allergens in the recipes we serve, please contact our office @ 970-867-9409 Ext 3001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
For Reservations call 970-571-5073 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.	**Menu may change due to availability of food items or conditions that cause the kitchen to close. Suggested Donation - $6.25 Under Age 60 Mandatory Charge - $19.25**	AAA1 NORTHEAST COLORADO AREA AGENCY ON AGING SHIP State Health Insurance Assistance Program Navigating Medicare SMP Senior Medicare Patrol Preventing Medicare Fraud MIPPA Medicare Improvement for Patients and Providers Act		**HAM POTATO CHOWDER ASPARAGUS CUTS TOASTED FRENCH BREAD PEAR ORANGE FRUIT CUP SPICE CAKE CHOCOLATE MILK** Calories: 716 Carb: 103.7g Fiber: 9.0g Protein: 31.6g Fat: 22.0g Sod: 1035mg
5	6	7	8	9
BEEF BARLEY SOUP CAROLINA SALAD CORN BREAD FRUIT CUP OATMEAL NUT COOKIE CHEESE STICK Calories: 707 Carb: 93.9g Fiber: 9.9g Protein: 27.0g Fat: 27.2g Sod: 768mg	**BARBECUE PORK CHOP SCALLOPED POTATOES CABBAGE BRAN MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE MILK** Calories: 696 Carb: 90.5g Fiber: 9.5g Protein: 46.6g Fat: 19.3g Sod: 986mg	**ORIENTAL CHICKEN BROCHETTE RICE PILAF SPINACH ONION ROLL WINTER FRUIT CUP FRUIT YOGURT** Calories: 628 Carb: 95.0g Fiber: 10.9g Protein: 33.8g Fat: 15.2g Sod: 543mg	**TUNA BROCCOLI CASSEROLE COUNTRY MIX VEGETABLES APPLE MUFFIN CHERRY BANANA SURPRISE COOKIE w/ RAISINS CHEESE STICK** Calories: 713 Carb: 86.0g Fiber: 12.1g Protein: 34.3g Fat: 28.8g Sod: 932mg	**BEEF STEW GREEN BEANS CORN MUFFIN ORANGES WEDGES OATMEAL CHOCOLATE CHIP COOKIE CHOCOLATE MILK** Calories: 720 Carb: 110.9g Fiber: 13.4g Protein: 30.1g Fat: 19.6g Sod: 1095mg
12	13	14	15	16
SALISBURY STEAK MASHED POTATOES CALIFORNIA VEGETABLES OATMEAL ROLL BANANA SPLIT FRUIT CUP PUDDING Calories: 723 Carb: 101.7g Fiber: 13.3g Protein: 37.1g Fat: 20.9g Sod: 684mg	**INDIANA STYLE CHICKEN AND RICE ASPARAGUS CUTS CRANBERRY BRAN MUFFIN HEAVENLY HASH OATMEAL NUT COOKIE MILK** Calories: 679 Carb: 93.4g Fiber: 9.3g Protein: 35.6g Fat: 21.2g Sod: 747mg	**CHEESEBURGER PIE COUNTRY MIX VEGETABLES CARROT RAISIN SALAD CINNAMON CRISPIE MANDARIN ORANGES CHEESE STICK** Calories: 679 Carb: 75.5g Fiber: 9.1g Protein: 30.0g Fat: 30.4g Sod: 926mg	**ROAST TURKEY MAPLE ROASTED SWEET POTATOES BROCCOLI WHOLE WHEAT ROLL BERRY BLEND CHERRY CAKE FRUIT YOGURT** Calories: 715 Carb: 103.8g Fiber: 14.5g Protein: 40.8g Fat: 18.3g Sod: 675mg	**POLISH SAUSAGE SAUERKRAUT MASHED POTATOES CARAWAY ROLL STRAWBERRIES & BANANAS CHOCOLATE MILK** Calories: 765 Carb: 86.1g Fiber: 9.3g Protein: 27.9g Fat: 34.8g Sod: 1161mg
19	20	21	22	23
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY ALMOND BROCCOLI CRANBERRY BRAN MUFFIN FRUIT CUP CHEESE STICK Calories: 787 Carb: 95.0g Fiber: 29.2g Protein: 45.0g Fat: 33.4g Sod: 1132mg	**SPRING GARDEN CHICKEN BROWN BUTTER & DILL BRUSSEL SPROUTS ORANGE MUFFIN STRAWBERRY APPLESAUCE MILK** Calories: 622 Carb: 78.1g Fiber: 10.6g Protein: 35.9g Fat: 21.8g Sod: 821mg	**HAM POTATO OMELET SALSA MIXED VEGETABLES V's MORNING MUFFIN ORANGE WEDGES FRUIT YOGURT** Calories: 630 Carb: 91.0g Fiber: 8.8g Protein: 28.9g Fat: 19.2g Sod: 861mg	**SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ FRENCH DRESSING ROLL FRUIT COCKTAIL APPLE GRANOLA COOKIE PUDDING** **BIRTHDAY RECOGNITION** Calories: 776 Carb: 102.4g Fiber: 13.3.g Protein: 25.9g Fat: 32.4g Sod: 879mg	**CHILI w/ BEANS CINNAMON ROLL LAYERED SALAD PINEAPPLE MANDARIN ORANGE COMPOTE CHOCOLATE MILK** Calories: 642 Carb: 92.7g Fiber: 12.5g Protein: 29.1g Fat: 19.0g Sod: 1050mg
26	27	28	29	30
CHICKEN A La KING WINTER MIX VEGETABLES GARLIC CHEESE BISCUIT WINTER FRUIT CUP OATMEAL RAISIN COOKIE CHEESE STICK Calories: 672 Carb: 75.2g Fiber: 9.9g Protein: 36.4g Fat: 27.7g Sod: 633mg	**SWISS STEAK BAKED POTATO GREEN BEANS & CORN WHOLE WHEAT ROLL PEACH SLICES MILK** Calories: 696 Carb: 82.5g Fiber: 9.9g Protein: 39.8g Fat: 25.2g Sod: 624mg	**CHICKEN NOODLE SOUP PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE CRANBERRY CRUNCH PUDDING** Calories: 782 Carb: 131.0g Fiber: 14.3g Protein: 33.8g Fat: 17.2g Sod: 723mg	**FIESTA PORK CHOP CHUCKWAGON CORN BISCUIT BERRY BLEND FRUIT YOGURT** Calories: 777 Carb: 103.1g Fiber: 12.9g Protein: 45.7g Fat: 22.6g Sod: 532mg	**BBQ BEEF SANDWICH POTATO SALAD BRAISED CELERY & TOMATOES FRUIT CUP CHOCOLATE MILK** Calories: 643 Carb: 98.8g Fiber: 9.9g Protein: 30.4g Fat: 16.3g Sod: 954mg