



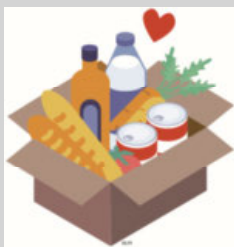
South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

THIS MONTH



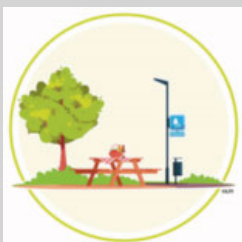
Summer Art Camp | p 3



Food Pantry | p 3



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Caz Park Happenings p 5

JUNE | 2023



SBCA Members at Frank Lloyd Wright's Darwin Martin House April 12, 2023

CONTACT US

Address

35 Cazenovia Street
Buffalo, NY 14220-1705

Hours of Operation

Monday - Friday
8:00am - 4:00pm



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southbuffalo.org



info@southbuffalo.org



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DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Our recent Emergency Preparedness Seminar was standing room only with over 100 people in attendance. The presentation from NYS Emergency Services was fantastic and so timely with our recent snow storm, blizzard, ice storm, and earthquake. We think this seminar is so important that we've already scheduled another one for Thursday September 21st for Emergency Preparedness Month. Stay tuned!

New Membership at Tosh Collins

- Early Registration for Special Events, Trips, and Classes
 - Discounted Prices for Special Events & Trips
 - Members-Only Special Events & Trips
 - Advance Preview of upcoming Special Events, Trips & Classes
 - Exclusive access to Discount Exercise Card
- One-year memberships can start any-time of the year. Only \$10!
See Kim to start your membership today!

Celebrate Breakfast!

R E C I U J M E F O O T T E L S C B
E E G T C A U G R A D S E N E T L F
T C R R O Z F D E U A E B O G U G T
T R A U F T F I N S C K U C A F S Y
I E N G F N I R C T O A T A B A C L
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N F R U I T C E R E A L N U S T S K

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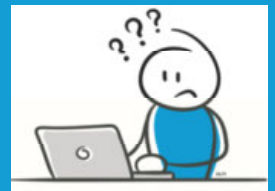
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|----------|----------|------------|---------|
| PANCAKES | EGGS | SCRAMBLED | FRIED |
| BACON | SAUSAGE | HASHBROWNS | WAFFLES |
| SYRUP | BUTTER | COFFEE | TEA |
| PORRIDGE | OATMEAL | PASTRIES | DONUTS |
| MIMOSA | JUICE | CEREAL | CREPES |
| BLINTZ | BISCUITS | GRAVY | MUFFINS |
| TOAST | HASH | SMOOTHIE | YOGURT |
| FRENCH | AVOCADO | BAGEL | DANISH |
| BENEDICT | FRITTATA | CASSEROLE | FRUIT |
| FRITTER | GRANOLA | GRITS | |

THE PANTRY

@ Tosh Collins Senior Center

A Program of the South Buffalo Community Association

Food insecurity is one of the largest issues the senior population is currently facing along with social isolation. To better meet the needs of our low-income / no-income seniors, we are establishing a Pantry for seniors in need. The pantry will specifically serve seniors (60+) in the greater South Buffalo community and surrounding area. Our goal is to stock the pantry with a variety of dry food items, as well as a variety of personal and household items. We are now accepting donations of dry foods, personal items, and household items. Keep your eyes and ears open for more information to come. If you have any questions please contact Kim at 822-4532 ext. 0. We look forward to your participation with the pantry.



COMPUTER CLASSES FOR SENIORS - SUMMER SEMESTER

Our successful series of computer classes just for Seniors is set to return Thursday, June 8th for a Summer Semester. Started in Fall of 2021, this is now our 6th semester of computer classes. Lunch is available starting at 11:30 AM for a suggested donation of \$3 and must be ordered in advance.

JUNE CLASSES -1-3 pm

6/8- Computer Basics
6/15- Basic Computer Maintenance
6/22- Saving Your Stuff
6/29- Internet Basics

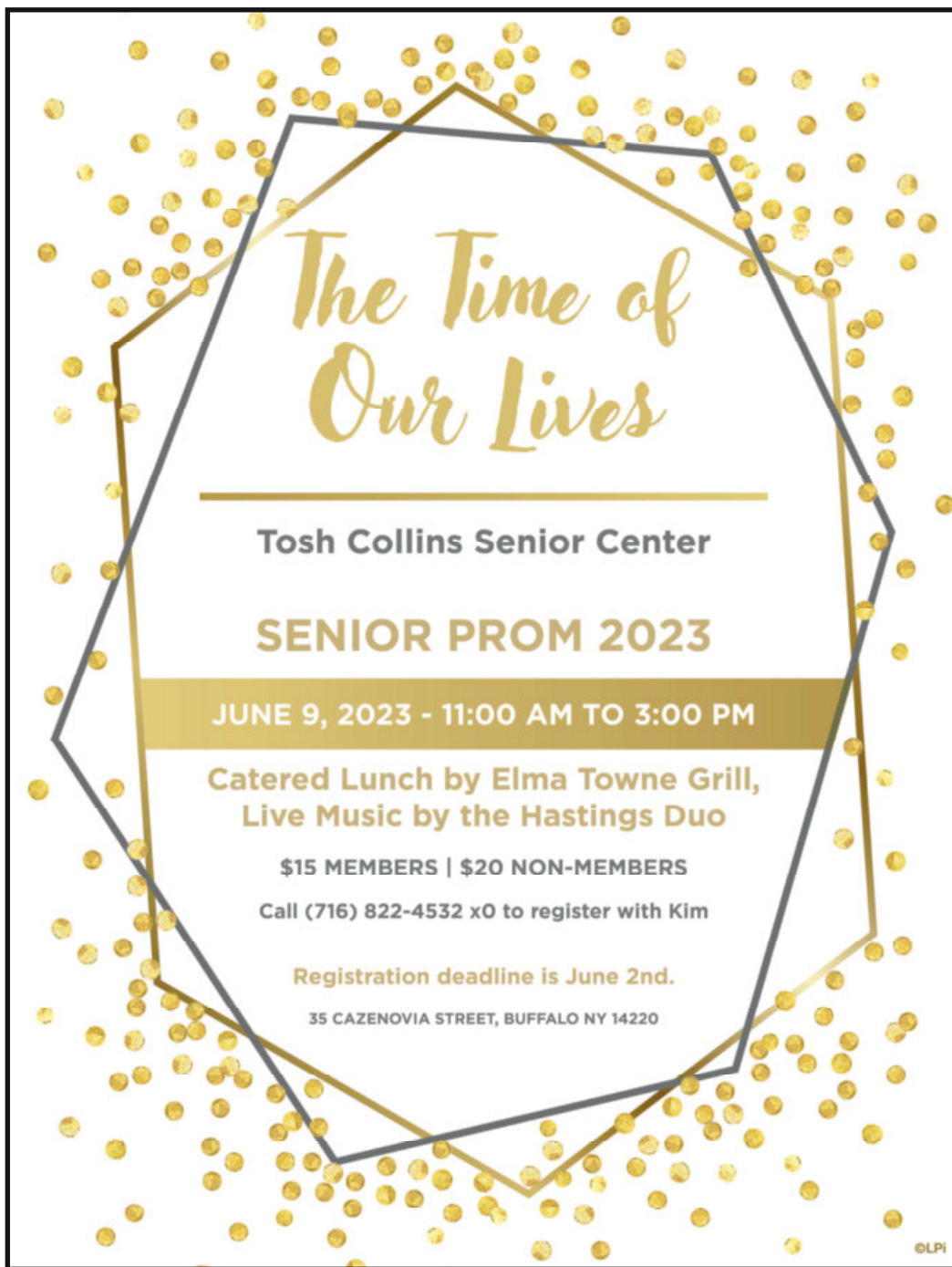


The South Buffalo Community Association at the Tosh Collins Senior Center is pleased to announce a great new program for the summer- the Senior Summer Art Camp! Beginning Wednesday July 5th from 10am-11am and running over the next 8 weeks (no class 8/16), professional artist and art teacher Charity Huff will bring fine art to you!

Art Campers will learn about contemporary artists with a brief history lesson and fun facts at the beginning of every art project. Each art project will be inspired by the featured artist.

Registration opens Wednesday June 7th with limited class sizes. Members may pay \$20 at the time of registration for the entire camp to guarantee a seat. Any remaining seats may be available week to week for \$3 per class for members or \$5 per class for non-members.

If you have any questions please contact Kim at 822-4532 ext. 0.



The Time of Our Lives

Tosh Collins Senior Center

SENIOR PROM 2023

JUNE 9, 2023 - 11:00 AM TO 3:00 PM

**Catered Lunch by Elma Towne Grill,
Live Music by the Hastings Duo**


\$15 MEMBERS | \$20 NON-MEMBERS

Call (716) 822-4532 x0 to register with Kim

Registration deadline is June 2nd.

35 CAZENOVIA STREET, BUFFALO NY 14220

OLPI



**Lunch
AND
Learn**

Friday, June 2 from 11:30 am – 12:30 pm –
The Legacy of Jazz Legends in WNY. Grover Washington, Dodo Green, Al Tinney, Duke Ellington, Count Basie, and more. Come hear George Scott, a legend in his own right, as he tells the stories of Jazz legends, their time spent in Buffalo and the legacy they left on our city and the World of Jazz Music.

Friday, June 16 from 11:30 am – 12:30 pm –
Cooking with the Commissioner. Join Commissioner, Angela Marinucci, as she makes a favorite recipe and engages in a lively Q&A. Yes, there will be food to sample! You can bring your favorite recipes to share with the group too!

Friday, June 30 from 11:30 am – 12:30 pm –
From “Bitter to Better”. Insight into living with a positive attitude after a life changing event.

Preorder lunch with Kim at 822-4532 x0.

SENIOR TRANSPORTATION SERVICES

Tosh Collins Senior Center offers transport to seniors in South Buffalo for all your needs. We offer rides to the Center, medical appointments, grocery shopping, special field trips, and more.



On the Road!

OLPI

Our bus driver Greg operates the bus Monday through Friday, 8 AM to 4 PM. Give him a call to schedule a ride. 822-4532 x105. \$3 suggest donation per ride.



Pickleball Comes to Tosh

The Tosh Collins Center at long last is bringing Pickleball to the gym. Open court times are currently Wednesdays from 5pm to 7 pm. Call (716) 828-1445 to reserve your court time.



MUSIC IN THE PARK

CAZ PARK LOCAL BEER FOOD MUSIC FREE ALL AGES 5-9:30 PM

JUNE 1 MILLER & THE OTHER SINNERS
Rock & Soul
FARROW
Funk, Rock, & Soul

JUNE 8 THE FUNK KNIGHTS
Funk
ORGAN FAIRCHILD
Groove & Funk

JUNE 15 JOKUKEN
Rock, Pop & Soul
GROSH
Rock

JUNE 22 AYE KAROU
Indie Rock
JOHNNY HART AND THE MESS
Alternative Rock

JUNE 29 FOLK FACES
Rearby Jazz & Bluesy Roots
CRIKWATER
Trad Irish, Folk

Follow for updates
Music in the Park

Sudoku

JUNE 5

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6								
	5	8			7			
9		7					8	1
1	4	2						8
			5					
			2	1	4	6		
				2	5			
7	9				8	1		2
						7		

MONDAY MATINÉE

CELEBRATING LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER (LGBTQ) PRIDE MONTH

For the month of June, we are celebrating LGBTQ Pride Month with two modern classic movies that struck gold on Broadway! Showtime is Mondays at 12:30 PM.

June 5th- NO MOVIE

June 12th- Billy Elliot (2000) - The life of an 11-year-old coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the class' exacting instructor, Mrs. Wilkinson. With a tart tongue and a never-ending stream of cigarettes in her hand, Mrs. Wilkinson's zest for teaching is revived when she sees Billy's potential.

June 19th- CLOSED

June 26th- Kinky Boots (2005) -After his father's demise, Charlie Price inherits the family business, a shoe factory in Northampton, England. He is not interested in shoes, and the factory is in such dire financial straits that he must lay off 15 employees. However a fortuitous encounter with a transvestite cabaret singer inspires Charlie to save the factory from closure by producing erotic footwear, much to the chagrin of the workers.

CELEBRATING 10 YEARS OF THE MARKET

OPENING DAY SUNDAY JUNE 4

Every Sunday Morning
AT CAZENOVIA PARK
(PETER J. CROTTY CASINO)
9AM-1PM

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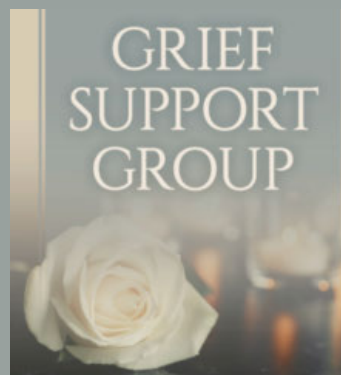
MONDAY's from 1 pm—7 pm

\$35 per person + Dinner available for \$3

Upcoming Dates:

June 5th August 7th October 2nd

Call Kim to register at 822-4532 x0



Supporting ALL forms of grief. Peer-run group with the guidance of a staff group leader. Meeting the 3rd Thursday of every month from 5 PM to 6 PM. Call Rob at 822-4532 or email

robert@southbuffalo.org

LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the month from 10am-Noon. The next Meeting will be Friday, July 14th For more info, contact Michael Weidrich at (716) 822-4532 x101 or email michael@southbuffalo.org



UFO & Paranormal Meetup of WNY

Upcoming meetings are Saturday, June 10th Saturday, July 8th Saturday, August 12th 11 AM—2 PM For more info, contact Cin-temple@ymail.com or call 716-406-7596



MORNING FITNESS

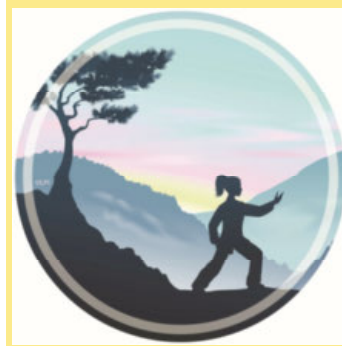
MONDAY



MOVE & GROOVE MONDAY

Low impact exercise to music and fun with light weights, balance and coordination. With Jess Reino Monday's at 10am.\$5 or 10/\$30

TUESDAY



TAI CHI TUESDAYS

Mindful, meditative movements in a standing stance. With Monica Zucco Tuesdays at 10am. \$5 or 10/\$30

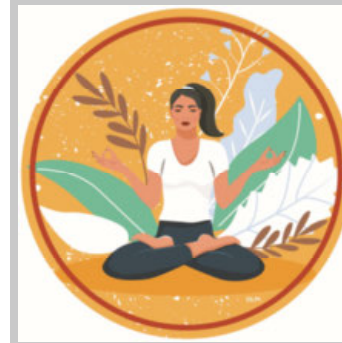
WEDNESDAY



MINDFUL MOVEMENT & GUIDED MEDITATION

Jess Reino guides gentle chair based movement focused on connecting breath to body. Wed at 10am. \$5 or 10/\$30

THURSDAY



CHAIR YOGA THURSDAYS

Gentle movement session that includes seated and standing poses using a chair. With Jess Reino on Thursday at 10am. \$5 or 10/\$30

FRIDAY



FRIDAY FITNESS

Up-tempo aerobic fitness class set to your favorite dance music hits! With Jess Reino Friday at 10am. \$5 or 10/\$30

AFTERNOON GAMES & ACTIVITIES

MONDAY



NICKELS RUMMY

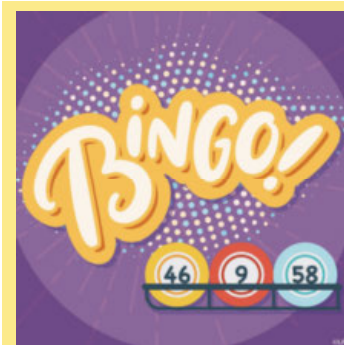
Nickels is similar to Rummy with the twist of betting nickels. So bring your nickels! Game starts at 12:30PM.



MONDAY MOVIE MATINEE

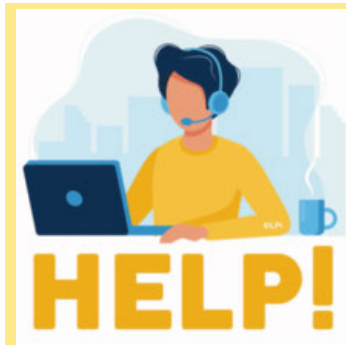
A new movie or TV episode every week for your viewing pleasure with pop-corn! Showtime is 12:30 pm. FREE

TUESDAY



TUESDAY BINGO

The hottest game in town and Tosh does it on Tues! Prizes for every game and a 50/50 draw! \$1 a board. First ball drawn at 12:30PM.



CASE MANAGEMENT DROP-IN

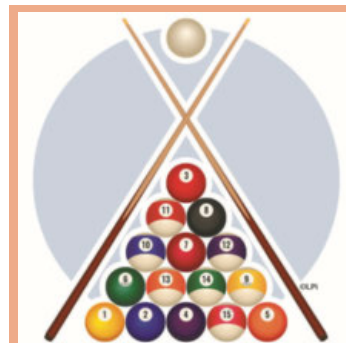
Need assistance with obtaining food, light housekeeping, or completing applications? Drop in every Tuesday from Noon - 3:30 pm.

WEDNESDAY



Wii BOWLING WEDNESDAYS

The popular game finally comes to Tosh! Sign up for a timeslot to bowl with your friends. Open slots from 12:30pm-2PM Free.



8 BALL POOL MATCH

Weekly pool matches on Wednesdays Register with Daniel. Open practice every week for Free.

THURSDAY



POKER

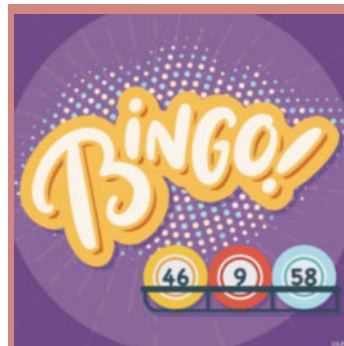
Texas Hold'em every Thursday from 12:30 PM to 3 PM. Bring your nickels!



COMPUTER CLASS

Popular class just for Seniors. Thursdays 1-3 PM with different topics every week. FREE

FRIDAY



FRIDAY BINGO

Bingo is the hottest game in town and Tosh does it on Fridays! Prizes for every game \$1 a game board. First ball drawn at 12:30PM.



BLOOD PRESSURE CHECK

Nurse Marcy does blood pressure checks once a month during the morning. Check the calendar for specific dates.

SBCA Says Farewell to Our Interns



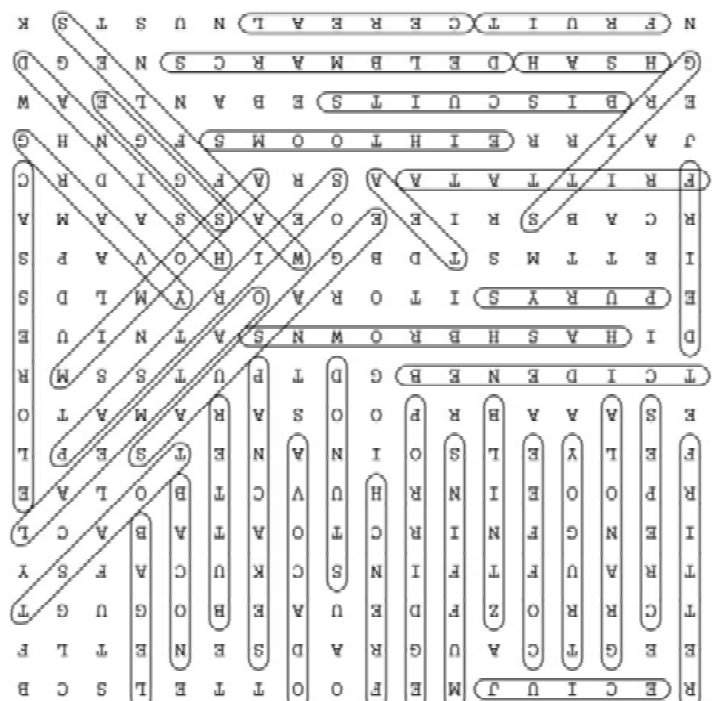
I cannot believe another year has passed. Once again, we have to say goodbye to two outstanding colleagues, Alexis Rowe and Eric Shiel. Alexis and Eric joined us in October 2022 to fulfill their first-year internship requirement for their Master of Social Worker (MSW) Degree at the University at Buffalo: School of Social Work. Here is what they said about their experience with us:

"As an MSW intern at SBCA, the most monumental and captivating experience has been conducting home visit assessments with clients. I greatly appreciate the ability to have individual, hands-on experience with clients as I love meeting new people and hearing their stories. A primary career focus of mine has been fostering the development of relationships with clients, and SBCA has been an integral part of that journey." - **Eric Shiel**

"During my internship at SBCA, my favorite experience was the SBCA Snowball! I loved seeing everyone getting their pictures taken and having a good time! My co-intern and I made the appetizers and it was a wonderful opportunity to help put together such a fun event!" - **Alexis Rowe**

Regardless of the task, both Alexis and Eric were essential parts of the SBCA family. Although Alexis and Eric ended their internship in May 2023, the memories and stories we shared will always be cherished and long-lasting. Thank you Alexis and Eric for your time at SBCA and we wish you the best in your future careers.

8	2	3	9	6	1	7	4	5
7	9	5	4	3	8	1	6	2
4	6	1	7	2	5	8	3	9
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3	7	6	5	8	9	2	1	4
1	4	2	3	7	6	9	5	8
9	3	7	6	5	2	4	8	1
2	5	8	1	4	7	3	9	6
6	1	4	8	9	3	5	2	7





We have two amazing trips lined up for June and July that you can register for together. There's no better way to enjoy a Buffalo summer than on our trips! And wait until you hear what we've got coming next!



SET A COURSE FOR ADVENTURE!

We're hitting the high seas in style! We have charted the Spirit of Buffalo, a 73-ft. schooner sailing ship to take us out onto Lake Erie for a beautiful 2 hour cruise. Scheduled for Wednesday, June 21st, we will have TWO sail times– 10 AM and 12:30 PM.

The ship only accommodates 42 people so make sure to sign up ASAP. The morning cruise will have lunch at Tosh when they return, and the afternoon cruise will have lunch at Tosh before they depart. The cost is \$10 for members, \$15 for non-members, plus \$3 for lunch. No refunds. The cruise will be rescheduled should weather become an issue.

Morning Cruise:

Meet at Tosh Collins at 8:30 AM, Coffee & donuts available.

Depart Tosh at 9 AM, arrive at Canalside at 9:30 AM

Ship leaves dock at 10 AM and returns at Noon.

Arrive back at Tosh at 12:30 PM. Eat lunch.

Afternoon Cruise:

Meet at Tosh at 11 AM, Eat lunch.

Depart Tosh at 11:30 AM, arrive at Canalside at Noon

Ship leaves dock at 12:30 PM and returns at 2:30 PM

Arrive back at Tosh at 3 PM

I FOUND MY THRILL ON BLUEBERRY HILL!

Grab your baskets 'cause we're going blueberry picking! Our July trip will take us out to West Falls NY to the Blueberry Treehouse Farm. You'll be able to pick the seasons freshest blueberrys to take home., then you can grab a drink and a bite in the Blueberry Treehouse! This trip is scheduled for Wednesday, July 12th with the member price of \$10 and non-members \$15, plus \$3 for lunch at Tosh. No refunds. This trip will seat 65 people. The farm does have some minor accommodations for folks with mobility issues.

Trip Itinerary:

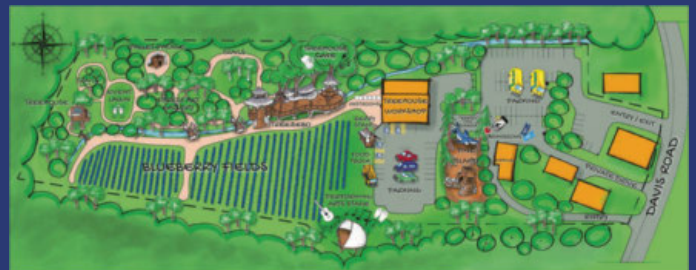
11 AM– Meet at Tosh. Eat lunch.

11:30 AM– Depart for West Falls

Noon– Arrive at Blueberry Farm

3 PM– Depart Blueberry Farm

3:30 PM– Arrive back at Tosh



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South Buffalo
Community Association

@Tosh Collins Community Center
35 Cazenovia Street
Buffalo NY 14220-1705
(716) 822-4532
www.southbuffalo.org

The mission of the South Buffalo Community Association is to maintain and enhance the general cultural, social and recreational well-being of the neighborhoods of South Buffalo through human service programs. These programs include, but are not limited to the elderly, youth services, recreational programs for all ages, plus information and referral.

12 JUNE



South Buffalo
Community Association

DAILY EVENTS

©LPI

MONDAYS

10:00 am to 11:00am

- **Move & Groove**

11:30 am to 12:30 pm

- **Lunch**

12:30 am to 2:00 pm

- **Nickels Rummy**
- **Monday Movie Matinee**

TUESDAYS

10:00 am to 11:00am

- **Tai Chi**

11:30 am to 12:30 pm

- **Lunch**

Noon to 3:30 pm

- **Case Mgmt Drop-In**

12:30 pm to 2:00 pm

- **BINGO**

WEDNESDAYS

10:00 am to 11:00 am

- **Mindful Movemt**

11:30 am to 12:30 pm

- **Lunch**

Noon to 4:00 PM

- **Pool Billiards**

12:30 pm to 2:00

- **Wii Bowling**

THURSDAYS

10:00 am to 11:00 am

- **Chair Yoga**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00

- **Poker**

1-3 pm

- **Computer Class**

FRIDAYS

10:00 am to 11:00 am

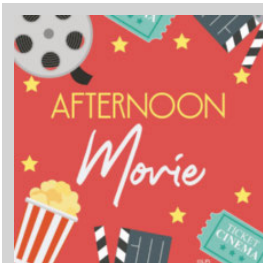
- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **BINGO**



Monday Movie Matinee!

MONDAYS @ 12:30 PM

6/5- NO MOVIE

6/12- Billy Elliot (2000)

6/19- CLOSED

6/26- Kinky Boots (2005)

COMPUTER CLASSES 4 SENIORS

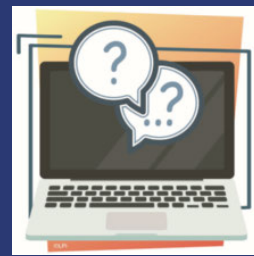
Thursdays 1-3 PM

6/8—Computer Basics

6/15- Basic Computer Maintenance

6/22- Saving Your Stuff

6/29- Internet Basics



Tosh Collins Center Senior Activities June 2023



South Buffalo

Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
29 CLOSED MEMORIAL DAY	30 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	31 <i>Trips NonMemb Reg</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool 12:30-2 Wii Bowling	1 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	2 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo
5 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Nickels Rummy 1-7 Defensive Driving	6 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	7 <i>Art Camp Reg</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool 12:30-2 Wii Bowling	8 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	9 10-11 Friday Fitness 11-3 Senior Prom 11:30-12:30 Lunch
12 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	13 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	14 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool 12:30-2 Wii Bowling	15 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class 5-7 Grief Group	16 10-11:30 BP Check 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo
19 CLOSED JUNETEENTH	20 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	21 10-11 Mind Move Meditate 11-3 Young@Arts Trip 11:30-12:30 Lunch 12-4 Pool 12:30-2 Wii Bowling	22 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	23 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
26 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	27 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	28 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool 12:30-2 Wii Bowling	29 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	30 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo

South Buffalo Community Association
Tosh Collins Community Center
35 Cazenovia Street, Buffalo NY 14220
(716) 822-4532 www.southbuffalo.org

Please register for all programs
In advance to ensure a space.
Call Kim at (716) 822-4532 x0
Or email kim@southbuffalo.org



NEXT DEFENSIVE DRIVING CLASS:
Monday June 5th
1:00 PM – 7:00 PM
(Dinner available for \$3.)



South Buffalo

Community Association

Erie County Stay Fit Dining Program
Standard Menu
June 2023
Tosh Collins Center (716) 822-4532

Monday	Tuesday	Wednesday	Thursday	Friday
29 No Meals Served 	30 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Florets Fruit Cocktail (691)	31 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Cinnamon Applesauce Chocolate Milk (711)	1 Soup & Salad Creamy Tomato Soup Chef Salad with Dressing & Garbanzo Beans Macaroni & Cheese Cauliflower Chocolate Mousse (719)	2 Breaded Pork Chop with Warm Cinnamon Apples Mashed Butternut Squash Creamy Cabbage with Dill Wheat Bread Frosted Spice Cake (779)
5 Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (747)	6 Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Frosted Lemon Cake (777)	7 Grilled Chicken with Pineapple Salsa Rice Pilaf Broccoli Corn Butterscotch Pudding (609)	8 Entrée Salad Beef Taco Salad on a Bed of Lettuce with Shredded Cheddar & Crispy Tortillas Fruited Gelatin (735)	9 Chicken Parmesan with Pasta, Tomato Sauce & Mozzarella Wax Beans Chef Salad with Dressing Tropical Fruit Chocolate Milk (762)
12 Chili con Carne with Shredded Cheddar Carrots Fruit Punch White Rice Pineapple (847)	13 Vegetable Lasagna with Cream Sauce Green Beans Cauliflower Dinner Roll Frosted Marble Cake (818)	14 Flag Day Hot Dog with Baked Beans & Ketchup on a Bun Potato Salad Corn-on-the-Cob Warm Cinnamon Apples Orange Creamsicle (902)	15 Father's Day Lunch Roast Beef with Pepper & Onion Gravy Chef Salad with Dressing Ranch Mashed Potatoes Green Beans Wheat Dinner Roll Boston Cream Pie (866)	16 Juneteenth Meal Bone-in Chicken Breast with BBQ Sauce Macaroni & Cheese Seasoned Mixed Greens Marinated Tomato, Cucumber & Onion Salad Cornbread Strawberry Ice Cream (877)
19 No Meals Served 	20 Beef Macaroni Casserole with Mozzarella California Mixed Vegetables Grape Juice Rye Bread Chocolate Chip Cookies (923)	21 Welcome Summer! Grilled Chicken, Mandarin Orange & Sunflower Salad with Dressing Multigrain Bread Strawberry Shortcake with Whipped Topping (720)	22 Roasted Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas & Carrots Breakaway Roll Gelatin with Whipped Topping (616)	23 Beer-Battered Fish with Tartar Sauce Cheesy Diced Potatoes Green Beans Whole Wheat Dinner Roll Coleslaw Mandarin Oranges Chocolate Milk (770)
26 Cheese Ravioli with Tomato Meat Sauce & Mozzarella Cauliflower Summer Squash with Peppers Italian Bread Angel Food Cake (739)	27 Ancho Chicken Fajita Skillet on a Flour Tortilla Spanish Rice Corn Sugar Cookies (826)	28 Hearty Pork Stew Mashed Potatoes Biscuit Frosted Cherry Cake (815)	29 Swedish Meatballs with Creamy Sauce over Pasta Peas Fruit Punch Chef Salad with Dressing Mandarin Oranges Chocolate Milk (772)	30 Cheese Omelet with Cheese Sauce Tater Tots Broccoli Florets Orange Juice Tropical Fruit (740)