



# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

## THIS MONTH



**Mardi Gras Party | p 3**



**Valentine's Day Tea Party p 3**



**Dare To Repair Cafe | p 5**



**Monthly TV Trivia | p 4**

## JANUARY | 2024



*Members going to see the Buffalo Philharmonic Orchestra at Kleinhans. 12/8/23*

## CONTACT US

### Address

35 Cazenovia Street  
Buffalo, NY 14220-1705

### Hours of Operation

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



(716) 822-4532



[southbuffalo.org](https://southbuffalo.org)



[info@southbuffalo.org](mailto:info@southbuffalo.org)



[@southbuffalocommunity](https://www.facebook.com/southbuffalocommunity)

OUR BOARD

Tony Ando  
President

Sarah Nickerson  
Treasurer

Bonnie O'Brien  
Secretary

Darcy Connors  
Kelly Govern  
Melanie Griffis  
Erin Hart  
Jill Maiola

Francesca Sommer  
Past President

OUR STAFF

Michael Weidrich, MBA  
Executive Director  
michael@southbuffalo.org

Kelly Blackey  
Senior Programs Director/  
Project Coordinator  
kelly@southbuffalo.org

Gianna Totaro, MPA  
Community Engagement Director  
gianna@southbuffalo.org

Robert Brandon, LMSW  
Senior Case Manager  
robert@southbuffalo.org

Rebecca Kozminski  
Case Manager  
rebecca@southbuffalo.org

Mark Bunting  
Case Manager  
mark@southbuffalo.org

Kim Axtell  
Senior Admin Coordinator  
kim@southbuffalo.org

Greg Esch  
Transportation  
greg@southbuffalo.org

Joni Cimato  
Program Associate  
joni@southbuffalo.org

Kate Blake  
Chore Workers

Brendan Charette  
Sue Gottesman  
Cedric Sun  
MSW Interns

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

HAPPY NEW YEAR! We had an amazing 2023 with so many adventures, parties, good times and good memories. And we reached a whole new level with that Snow Ball! What an elegant, delicious, fun afternoon in a gorgeous venue. We have certainly raised the bar on our party planning! As we begin 2024, we have already been busy planning what's coming next for our Senior Center. We love our parties! We're looking at new lifelong learning opportunities. We are looking for new sources of funding to keep our Young @ Arts field trips going as we have for the past two years. And we are always striving to bring the best to you every day! One thing 2023 brought to South Buffalo Community Association was an expansion of mission. Besides running programs for older adults, we are now running community events for South Buffalo. Councilman Scanlon has entrusted us with his Shop South Buffalo event and this coming summer we will be running the South Buffalo Farmers Market in Caz Park. So get ready for a SUPER YEAR!!! Happy 2024!- Michael

Greek and Roman Deities

U M P Y R U C R E M H A D E S S  
I I C N E P T U N E U S C D S U  
E N H A R O N R U T A S S I A N  
S E A N S U H C C A B U U A L A  
U R R O I P E O N I N A B N T J  
N V O L C S A T S I P L P A A C  
U A N L E H E X R H A A S D O H  
A I C E R H T I R P N U A T A D  
F E A B E R U O O U E V U J J I  
L U A R S Q D S T H U L C U A O  
O J M R O I E R P L P Y P P P N  
S E O N T I O R C A B I V V O Y  
S E U E D F O A R E T E M E L S  
O J A O I M N E L E S A A N L U  
R V N H E O S E R T R L E U O S  
E S O I L E H N A S U E Z S M G

Word List:

MARS	JUPITER	BACCHUS	VULCAN
VESTA	APOLLO	MINERVA	NEPTUNE
DIANA	JANUS	CERES	VENUS
JUNO	MERCURY	SATURN	PLUTO
CYBELE	PAX	APHRODITE	FAUNUS
FORTUNA	HADES	BELLONA	QUIRINUS
ARES	ATLAS	CHARON	DIONYSUS
EROS	HELIOS	SOL	HERMES
MORPHEUS	PAN	POSEIDON	ZEUS



## MARDI GRAS PARTY

Join us Tuesday February 13th at 11:30 am for our Mardi Gras Party! A special Fat Tuesday lunch will be served through our congregate dining program along with special treats and beads for all. Lunch is the normal \$3 donation.

This will be followed by a special Mardi Gras BINGO with extra prizes, starting at 12:30 pm. Call Kim at (716) 822-4532 x0 to sign up.



## You Are Cordially Invited to a Valentine's Day Tea Party



Join us on Wednesday February 14th for a lovely afternoon of food, fun and friends. The party begins at 11:30 AM with a table-served congregate dining lunch. Following lunch, we will sip our favorite teas as we play some games. And to cap off the afternoon, a variety of desserts and confections will be on display for you to sample and satisfy your sweet tooth!

The cost is \$10 and we will be limiting registration to 70 members.

### New registration schedule:

Tues Jan 23rd at 9:30 am– City of Buffalo members

Wed Jan 24th at 9:30 am– Non-City of Buffalo members

Registration will only be in-person.

## 2024 Membership at Tosh Collins Senior Center

- 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 Cards
- Complimentary SBCA bag with water bottle and pen



- Monthly newsletter mailed to your home

One-year memberships can start anytime of the year.

City of Buffalo residents—\$15 a year

Non-City of Buffalo residents—\$20 a year

See Kim to start your membership today!



The Erie County Department of Senior Services presents

## TRIVIA

We will be competing virtually against other senior centers!

**2nd Monday of the month**  
12:30 pm  
Tosh Collins Senior Center  
call 822-4532 ext. 0 to sign up

3 rounds of fun!

Do you enjoy trivia? Are you looking to meet new people?  
Sign up today!

## MONDAY MATINÉE

We kick off 2024 with some of the biggest hits of 2023! Join us for the adventure of a lifetime! Every Monday at 12:30pm!

**January 1st NO MOVIE- CENTER CLOSED**

**January 8th- Quiz Lady (2023)-** Anne and her estranged train-wreck of a sister, Jenny, must work together to help cover their mother's gambling debts. When Anne's beloved dog is kidnapped, they set out on a wild cross-country trek to get the cash. Starring Sandra Oh and Awkwafina. Movie starts at 1:30 pm.

**January 15th NO MOVIE- CENTER CLOSED**

**January 22nd- Barbie (2023)-** Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. Starring Margot Robbie and Ryan Gosling.

**January 29th- Indiana Jones & the Dial of Destiny (2023)** Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA. Starring Harrison Ford and Phoebe Waller-Bridge.

## EMERGENCY SHUT-OFF BENEFIT from HEAP Office

Have you **received a shut-off notice** from your heating or electrical company? Do you currently have OR are eligible for HEAP benefits this winter season? If so, we may be able to help.

The **HEAP Emergency Shut-Off Benefit** helps avoid any shut off of your heat and/or electricity by helping with bill payments.

**Benefit is available starting January 2nd, 2024.** The benefit will continue until the funding runs out. If you need help, please contact the following agencies below for assistance:

**HEAP Office** - 716-858-7644 - Office Hours are Monday through Friday from 8 am-4 pm OR

**South Buffalo Community Association** - Case Management Dept. - 716-822-4532 - Office Hours are Monday through Friday from 8 am-4 pm

Stay warm everyone and we look forward to helping you soon.

## COMPUTER CLASSES

Our popular series of computer classes for older adults returns for a spring semester with Brendan Chella from the Buffalo & Erie County Public Library. Starting February 21st, class moves to Wednesdays for the semester, from 1pm to 3pm, with Brendan offering technical assistance from 3pm to 4 pm.

Register with Kim at 822-4532 x0 and come early for lunch for a donation of \$3.

Laptop computers are available to sign-out for use in the Center during Center hours..

2/21- Computer Basics

2/28- Basic Computer Maintenance

3/6- Internet Basics

3/13- Internet Privacy & Safety

3/20- Using Google

3/27- Securing Facebook

4/3- Android Basics

4/10- Android Settings

4/17- iPad-iPhone Basics

4/24- iPad-iPhone Setting

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. 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 suggested donation per ride.



*I am truly blessed to have you all in my life. With warmest wishes for a very happy new year " - Kim*

For information, contact Kim at (716) 822-4536 ext. 0.



**Crane Branch  
Public Library**  
633 Elmwood Ave.  
Buffalo, NY 14222

**Note:** Repairs are not guaranteed and all participants will be required to sign a waiver. Not all fixers can make every event, so registering ahead of time helps ensure we've got someone who can fix your item. Replacement parts are limited, so bring 'em if ya got 'em!

or scan this  
QR code



**Register to attend:** [thetoollibrary.org/daretorepair](http://thetoollibrary.org/daretorepair)



TOOL  
LIBRARY



LIBRARY

M&amp;T Bank

Third Generation Fund of the  
Community Foundation for  
Greater Buffalo



# 6 JANUARY



NYS DMV's  
only Approved  
Humor Based  
Defensive  
Driving Class

Save 10% on  
your Auto In-  
surance for 3  
Years plus re-  
duce up to 4  
points on your  
DMV Record.

MONDAY's from 1 pm—7 pm

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

Upcoming Dates:

**March 4th June 3rd Sept 9th Dec 2nd**

Call Kim to register at 822-4532 x0

## WALKING CLUB

Monday  
through Friday

9 AM—10 AM

Tosh Collins  
Gymnasium

On the Youth  
Center Side



## LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the  
month from 10am-Noon.  
The next Meeting will be  
Friday, January 13th 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 Jan 13th  
Saturday Feb 10th  
Saturday March 9th  
11 AM—2 PM  
For more info, contact  
Cintemple@ymail.com or  
call 716-931-0430



## MORNING FITNESS

### MONDAY



### MOVE & GROOVE MONDAY

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

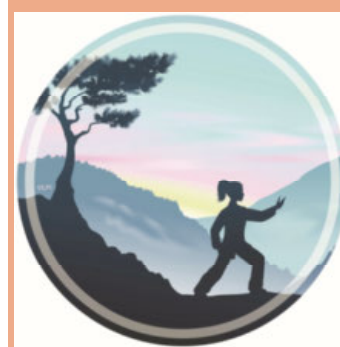
### TUESDAY



### BETTER BODY BALANCE

Jess empowers us to  
maintain better  
balance and stability,  
& body strength.  
Tuesdays at 10am.  
\$5 or 10/\$30

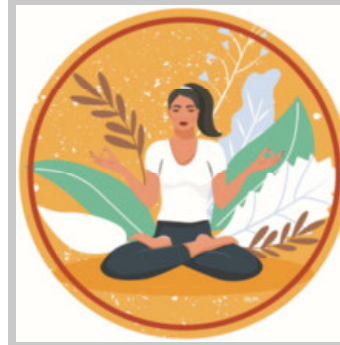
### WEDNESDAY



### MINDFUL MOVEMENT & GUIDED MEDITATION

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

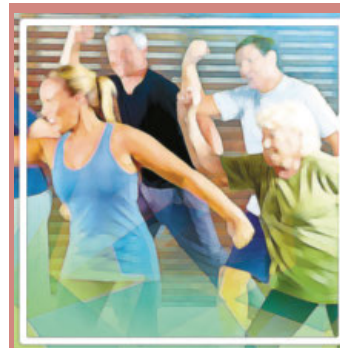
### THURSDAY



### 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



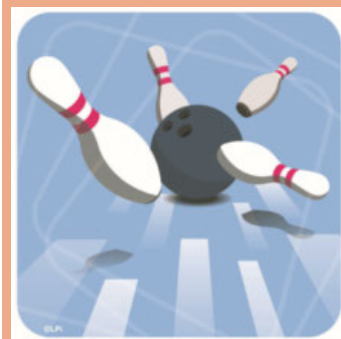
### NICKELS RUMMY

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



### 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.



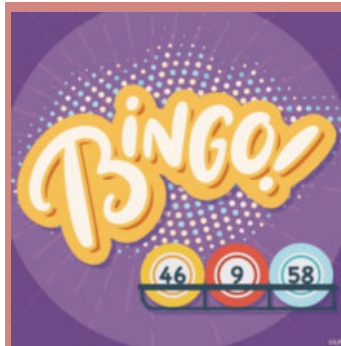
### Wii BOWLING WEDNESDAYS

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



### POKER

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



### 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.

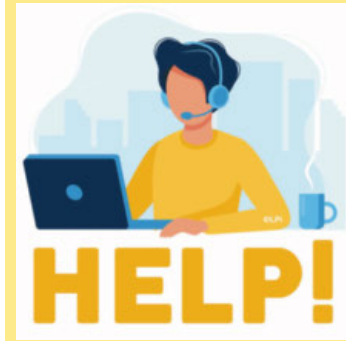
MONDAY



### MONDAY MOVIE MATINEE

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

TUESDAY



### CASE MANAGEMENT DROP-IN

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

WEDNESDAY



### 8 BALL POOL MATCH

Open pool games on Wednesdays Free.

THURSDAY



### COMPUTER CLASS

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

FRIDAY



### BLOOD PRESSURE CHECK

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



8 JANUARY



SOUTH BUFFALO COMMUNITY ASSOCIATION PRESENTS

# SOUTH BUFFALO WINTER F&ST

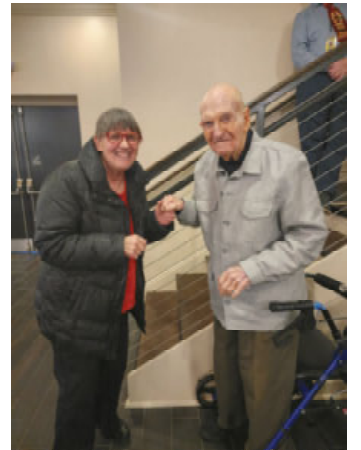
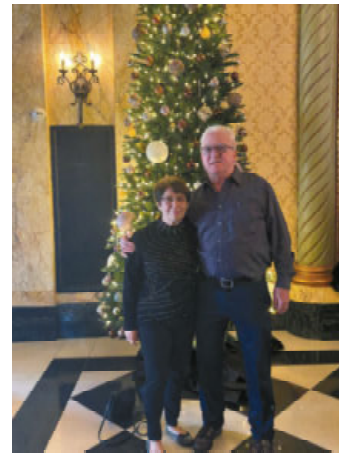
SHOP. DINE. DRINK

AN OLD SOUTH BUFFALO TRADITION  
WITH NEW WRAPPING & BOW!











**Q** **HARD COVER BINDING & RESTORATION**

**10% OFF!**

- Graduate Student Theses & Dissertations
- Family Genealogies & Bibles
- Vanity Books & Diaries & Albums
- Text Books & Yearbooks & Storybooks
- Legal & Medical Documents
- Journals & Magazines • *and More!*

**716.883.8185 • INFO@QUALITYBINDERY.COM**  
501 AMHERST ST | BUFFALO, NEW YORK 14207

**SUPPORT OUR ADVERTISERS!**

**MICHALEK & HARRINGTON, LLC**  
ATTORNEYS AT LAW  
300 Center Rd., West Seneca NY 14224  
**716-675-6715**  
*Let Our Family Handle ALL of Your Family's legal Needs*  
Paul M. Michalek • Jane Michalek Harrington  
Jeffrey M. Harrington

**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide

**ADT** Authorized Provider **SafeStreets** **833-287-3502**

**CONSUMER DIRECTED CHOICES**

**Empowering Independence**

Headquarters  
7 Washington Square • Albany, NY 12205  
**716-245-5511 • 518-690-0690 (TTY/TTD)**  
**info@cdchoices.org • www.cdchoices.org**

**As the premier provider of Consumer Directed Personal Assistance, we empower individuals to direct their own care.**

**Why consumers choose us:**

- ✓ You choose your caregiver
- ✓ You have control and flexibility over **your** schedule
- ✓ Highest pay rates and bonuses for caregiver, where **you** set the rate
- ✓ Access to thousands of caregivers, both local and across NY State

**Additional competitive benefits:**

- ✓ Weekly paychecks
- ✓ Holiday pay
- ✓ Overtime permitted
- ✓ Sign on bonuses up to \$500
- ✓ Retirement plan
- ✓ Paid time off
- ✓ Health and dental insurance

**THRIVE LOCALLY**

**RIGIDIZED METALS CORPORATION**  
metal made better  
[www.rigidized.com](http://www.rigidized.com)

TXTRsound Acoustical Ceiling Clouds  
Duende at Silo City  
Design and Install by Crafted Concepts Architects & Builders

**Proudly supporting the South Buffalo community since 1940.**

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Duane Budelier**

**dbudelier@4LPi.com**  
**(800) 950-9952 x2525**



THIS SPACE IS  
**AVAILABLE**

*"We Treat You Like Family"*



**Nickel City**  
PHARMACY

**Jonathan Caruso**  
1791 South Park Ave  
Buffalo, NY 14220  
**(716) 823-8300**  
[www.nickelcitypharmacy.com](http://www.nickelcitypharmacy.com)



**Clinton**  
PHARMACY

**Matthew Kaczmarek**  
2032 Clinton St  
Buffalo, NY 14206  
**(716) 824-5200**  
[www.clintonpharmacybuffalo.com](http://www.clintonpharmacybuffalo.com)



**Seneca**  
PHARMACY

**Craig Rudzinski**  
1979 Seneca St  
Buffalo, NY 14210  
**(716) 827-4900**  
[www.senecapharmacybuffalo.com](http://www.senecapharmacybuffalo.com)

**SUPPORT OUR ADVERTISERS!**

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized  
Provider

**SafeStreets**

**833-287-3502**

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**WE'RE HIRING!**  
AD SALES EXECUTIVES



**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



**Signature**

*Real Estate Services*

**Alan Miller**

Licensed NYS Real Estate Salesperson

**716-880-6723**



[signaturerealestateservices.com/agent/alan-miller](http://signaturerealestateservices.com/agent/alan-miller)



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1747



**South Buffalo**  
Community Association

@Tosh Collins Community Center  
35 Cazenovia Street  
Buffalo NY 14220-1705  
(716) 822-4532  
[www.southbuffalo.org](http://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 JANUARY



**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

- **Better Body Balance**

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**

12:30 pm to 2:00 pm

- **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 pm

- **Poker**

### 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**

1/1—CLOSED

1/8— Quiz Lady (2023) @ 1:30 PM

1/15— CLOSED

1/22— Barbie (2023)

1/29— Indiana Jones & Dial of Destiny

### Pickleball

Monday through Friday  
10 AM to 1 PM

Call Jake at (716) 828-1445  
to reserve your court time.





# Tosh Collins Center Senior Activities January 2024



## South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CLOSED</b> <b>NEW YEAR'S DAY</b>	<b>2</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>3</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>4</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>5</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>8</b> 10-11 Move & Groove 11:30-12:30 Lunch <b>12:30-1:30 TV Trivia</b> 1:30-3:30 Movie Matinee 12:30-2 Nickels Rummy	<b>9</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>10</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>11</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>12</b> 10-11 Friday Fitness <b>10-12 Silver Pride</b> 11:30-12:30 Lunch 12:30-2 Bingo
<b>15</b> <b>CLOSED</b> <b>MARTIN LUTHER KING JR. DAY</b>	<b>16</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>17</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>18</b> 10-11 Chair Yoga <b>11-2:30 AKG Trip</b> 11:30-12:30 Lunch 12:30-2 Poker	<b>19</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>22</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>23 Valentines Reg-Buff</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>24 Valentines Reg-NonBuff</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>25</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>26</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>29</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>30</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>31</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>1</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>2</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo

South Buffalo Community Association  
Tosh Collins Community Center  
35 Cazenovia Street, Buffalo NY 14220  
(716) 822-4532 [www.southbuffalo.org](http://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](mailto:kim@southbuffalo.org)

NEXT DEFENSIVE DRIVING CLASS:  
Monday March 4th  
1:00 PM – 7:00 PM  
(Dinner available for \$3.)



# South Buffalo

## Community Association

**Erie County Stay Fit Dining Program**  
**Standard Menu**  
**January 2024**  
**Tosh Collins Center (716) 822-4532**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 No Meals Served</b> 	<b>2</b> Boneless Chicken Breast with Marsala Sauce Cauliflower & Carrots Grape Juice Rice Pilaf Chocolate Chip Cookies (686)	<b>3</b> Polish Sausage with Sauerkraut and Mustard on a Bun Seasoned Red Potatoes Au Gratin Broccoli Rice Krispie Treat (747)	<b>4</b> Tortellini with Tomato Meat Sauce & Parmesan Cheese <b>Chef Salad with Dressing</b> Italian Mixed Vegetables Italian Bread Fresh Orange <b>Chocolate Milk</b> (681)	<b>5</b> Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Breakaway Roll Strawberry Gelatin Cup (867)
<b>8</b> Sliced Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (689)	<b>9 Entrée Salad</b> Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding (645)	<b>10</b> Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Country Cottage Mix Grape Juice Pineapple Cup (681)	<b>11</b> Roast Pork Loin with Gravy Sweet Potatoes Green Beans Rye Bread Cinnamon Applesauce <b>Chocolate Milk</b> (624)	<b>12 Martin Luther King Meal</b> Breaded Chicken Drumsticks Seasoned Rice & Beans Seasoned Mixed Greens Multigrain Bread Banana Cream Pie (1053) 
<b>15 No Meals Served</b> 	<b>16</b> Breaded Chicken Patty with Buffalo-style Sauce on a Bun Broccoli Cheese Rice Casserole Carrots Tropical Fruit (796)	<b>17</b> Ground Beef Taco with Shredded Cheddar Cheese. Lettuce & Salsa on a Flour Tortilla Spanish Bean Medley Fruit Punch Oatmeal Raisin Cookies (942)	<b>18</b> Grilled Chicken Primavera Over Penne Pasta Italian Vegetables Peas Fresh Banana <b>Chocolate Milk</b> (628)	<b>19</b> Ham Steak with Brown Sugar Glaze Scalloped Potatoes Brussels Sprouts Rye Bread Ice Cream (680)
<b>22</b> Hot Dog with Baked Beans and Ketchup on a Bun Cheesy Diced Potatoes Carrots Mandarin Orange Cup (692)	<b>23</b> Swedish Meatballs with Creamy Gravy over Pasta Harvard Beets Peas with Pearl Onions Diced Pear Cup <b>Chocolate Milk</b> (713)	<b>24 Soup, Salad &amp; Sandwich</b> Broccoli Cheddar Soup Mashed Squash <b>Chef Salad with Dressing</b> Whole Wheat Dinner Roll Cranberry Chicken Salad Lorna Doone Cookies (988)	<b>25</b> Grilled Chicken with Polynesian Sauce over White Rice Broccoli Florets Fruit Punch Brownie (612)	<b>26</b> Lasagna Roll with Tomato Meat Sauce and Parmesan Cheese Cauliflower <b>Chef Salad with Dressing</b> Grape Juice, Dinner Roll Vanilla Pudding Cup (796)
<b>29</b> Cheese Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Fruit Cocktail Cup (717)	<b>30</b> Grilled Chicken with Red Pepper Cream Sauce Mashed Potatoes Peas Dinner Roll Sugar Cookies (696)	<b>31</b> Rigatoni & Italian Sausage with Tomato Sauce & Shred Mozz Broccoli Florets <b>Chef Salad with Dressing</b> Dinner Roll Chocolate Pudding Cup (711)	<b>1</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Mandarin Orange Cup (636)	<b>2</b> Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Cinnamon Applesauce <b>Chocolate Milk</b> (669)