


September 2025

Ector Co.Eld. Nutrition
1225 N. Adams-Odessa
(432)337-5281

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED FOR LABOR DAY 	Lasagna Salad Gardettos Cobbler Tea/Milk	Green Chili Meatballs Spanish Rice Refried Beans Cheez its Fruit Cup Tea/Milk	BBQ Beef Patty Mac & Cheese Corn & Green Beans Muffins Pudding Tea/Milk	Texas Chili w/Beans Dinner Rolls Peas & Carrots Jello Cake Tea/Milk
8	9	10	11	12
Beef Stew W/Carrots Diced Potatoes 5 Way Mixed Veg Yogurt Pie Tea/Milk	Honey Dijon Chicken Wild Rice CA Mixed Vegetables Granola Bar Lemon Bar Tea/Milk	BBQ Beef Strips Carrots Green Cabbage Fresh Fruit Cake Tea/Milk	Salisbury Steaks Mashed Potatoes Green Beans Harvest Nuts Cookie Tea/Milk	Chicken Vera Cruz Spanish Rice Refried Beans Muffins Pudding Tea/Milk
15	16	17	18	19
Beef Chopped Steaks Button Mushrooms 5 Way Mixed Veg Fruit Cup Pie Tea/Milk	Chicken Pot Pie Biscuit Broccoli Florets Apple Sauce Cake Tea/Milk	Chicken Fajitas Spanish Rice Pinto Beans Cheez its Cookie Tea/Milk	Beef Pepper Steak White Hominy Asian Vegetables Granola Bar Jello Tea/Milk	Italian Chicken White Rice Italian Cut Green Beans Gardettos Cake Tea/Milk
22	23	24	25	26
Green Chili CK Stew Black Beans & Pico Okra & Tomatoes Muffins Yogurt Tea/Milk	Meatloaf Mashed Potatoes Broccoli Florets Apple Sauce Cookie Tea/Milk	BBQ Chicken Scalloped Potatoes Peas & Carrots Crackers Lemon Square Tea/Milk	Southwest Beef Patty Diced Potatoes 5 Way Mixed Veg. Fruit Cup Pie Tea/Milk	Sliced Beef Brisket Refried Beans Green Bean & Tomatoes Granola Bar Cake Tea/Milk
29	30			
Cheesy Chicken Red Skin Mashed Pot CA Mixed Veg Harvest Nuts Pie Tea/Milk	Teriyaki Meatballs Vegetable Rice Pilaf Asian Vegetables Fresh Fruit Rice Krispy Tea/Milk	Oct 1st Green Chili Beef Tips White Hominy Corn & Green Beans Granola Bar Cake Tea/Milk	Oct 2nd Sausage w/Pepper and Onion Diced Potatoes Bacon Cabbage Jello Cookie Tea/Milk	Note: Tea, Milk & Bread will be provided with every Meal