KCAASD Senior Nutrition Program **North Kern – October 2026**
Reservations/Cancellations 661-746-7838 **Wasco/McFarland/Shafter**

Print 175 **Menus are subject to change without prior notice**

Monday	Tuesday	Wednesday	Thursday	Friday
CONTRIBUTIONS: Online: https://www.kerncounty.com/government/aging-adult-services Check or Money Order payable to: **KCAASD**			1 **Chicken Dijon** Broccoli** Brown Rice Wheat Roll Honeydew Milk	2 **T** **S** T S M M
5 **Chicken Enchiladas** Brussel Sprouts** Mexican Rice Tropical Fruit Milk	6 **Shepherd's Pie** Broccoli** Blushing Pears Breadstick Juice Milk	7 **Mac & Cheese w/Ham** Peas & Carrots** Fresh Nectarine Wheat Roll Milk	8 **Tilapia Florentine** Mixed Veggies** Couscous Cantaloupe Milk	9 **Hot Dog w/ Chili** Chuckwagon Corn** Pineapple Milk
12 **Crab Cake** Zucchini & Tomatoes** Fresh Orange Garlic Bread Milk	13 **Sweet & Sour Meatballs** Pepper Mix** Brown Rice Pineapple Hawaiian Roll Milk	14 **Chicken Jambalaya** Broccoli** Fresh Banana Breadstick Juice Milk	15 **Loaded Baked Potato** Carrots Coins** Baked Beans* Berry Mix Garlic Bread Milk	16 **Baked Chicken** Sweet Potato Cubes** Pineapple Coleslaw Wheat Roll Milk
19 **Beef Quesadilla** Black Bean & Corn Mix** Mexican Rice Gelatin w/ Fruit Juice Milk	20 **Smothered Chicken** Veggie Blend** Mash Potatoes** Honeydew Biscuit Milk	21 **Beef & Cabbage Casserole** Mixed Veggies** Berry Mix Wheat Roll Milk	22 **Pork Pasta Skillet** Carrots** Spiced Apricots Wheat Roll Juice Milk	23 **Chicken Pasta Pomodoro** Zucchini** Mango Garlic Brea Milk
26 **Vegetable Rigatoni**** Italian Broad Beans** Garlic Bread Juice Milk	27 **Chicken Marsala** Brussel Sprouts** Mashed Potatoes Tropical Fruit Wheat Roll Milk	28 **Casino Crusted Cod** Carrots** Garden Salad Kiwifruit Wheat Roll Milk	29 **Cranberry Orange Chicken** Capri Veggies** Brown Rice Mandarins Hawaiian Roll Milk	30 **Boil & Bubble Soup** Spinach & Mushrooms** Witches' Broomstick Chocolate Loaf Juice/Milk

Note: ** *items are a rich source of Vitamin A*

Underlined items meet 1/3 of the DRI's for Vitamin C

Suggested Contribution Age 60+ - $3.00; Non-seniors' meal cost - $6.00

Seniors will not be denied service due to inability to contribute

= More than 1000 mg Sodium