## 2024 Community Easter Party









#### by Amber Haseman

The Forest County Potawatomi Community gathered at the Potawatomi Community Center for the annual Easter party. The festivities began at 12 p.m. on March 29, 2024, with a traditional feast featuring sliced turkey, potatoes and gravy, wild rice casserole, dinner rolls, plenty of delicious desserts and refreshments.

Upon arrival, guests had the opportunity to sign up their children for the bike and Easter basket raffles. Raffle buckets were available to each age group including boys and girls 0-3, 4-6, 7-10, 11-13, and 14-17 years. There was a bounce house and inflatable course set up in the gym for the children to burn off some energy before, during and after the events' activities.

After the feast, each age group gathered in the turf fieldhouse for their Easter egg hunt. The children ran with excitement trying to find all the eggs before the others. While the children were preoccupied with games, the Easter bunny stopped by for a visit and took pictures with all the kids. Candy bags were provided to each child after their visit.

Following the Easter egg hunt,

Race. Each age group had a chance to participate, including the adults. No matter the age, it was a true testament of who could reach the finish line first without dropping their egg. They continued with a couple more games including Potato Sack and Three-Legged races.

The fun didn't stop there. Everyone joined in the cafeteria for a friendly, or not so friendly, game of egg smash. During each round, three participants joined the chairs in front of the audience, grabbed an egg from the bucket, held it over their head, and smashed it in hopes of not breaking it on their head. Some participants weren't so lucky. In fact, Chairman Crawford might've been one of the unlucky ones. Despite the mess it caused, it was an "eggcellent" time for all who participated and watched.

To conclude the Easter festivities, winners were drawn for the bike and Easter basket raffles. The winners excitedly went up to get their prizes. It was an enjoyable time for all ages. A much-needed time of gathering, coming together as one, a time to feast, enjoy some family fun, sharing laughter and smiles, and making memories to













## Samuel Alloway - Elder Board Member



#### by Amber Haseman

Newly-appointed Elder Board Committee Member Samuel Alloway was sworn in March 27, 2024, at 9 a.m. in the tribal court. This is the first time Alloway has been on the Elder Board Committee. The purpose and duties of the board include the following:

- 1. Advocate for the interests and concerns of tribal elders and adults with disabilities in the FCPC Elderly Department service area.
- 2. Provide guidance to the FCPC Elderly Department on matters relating to programs that affect the well-being of older adults, including supportive socials.
- 3. Coordinate and assist the FCPC Elderly Department in promoting and expanding services that are appropri-

ate, accessible, and acceptable to tribal elders.

- 4. Identify people and resources that can assist the Elderly Department in furthering its mission.
- 5. Understand the tribal grievance and appeals process concerning aging services.
- 6. Provide guidance to the FCPC Elderly Department regarding the food preferences of participants, hours and locations of operations, and the accessibility of the center for disabled or handicapped participants.
- 7. Lastly, conduct a yearly on-site review of the Senior Center.

Let's send a big congratulations to Alloway on his newly appointed roll in the FCP community.

## FCP Up & Coming

by Amber Haseman

Dollars & Senses Course: This course will be held on Tuesdays from 5-7 p.m. on the remaining dates: April 16, 23, 30 and May 7, 2024. Located at the Potawatomi Community Center, the course is free to FCP tribal members, spouses, significant others, and descendants ages 15 and up. Food and childcare will be available for class participants. Register now at https://forms. office.com/r/0ij55E4UBQ. Questions? Contact Manny Johnson II at (715) 889-0636 or manny.johnson@fcp-nsn.gov.

After School Club: LNR is hosting an After School Club for grades first through fifth to learn about different hands-on experiments that can be created and conducted indoors. Learn and explore the world of S.T.E.M. The club will be held at the Potawatomi Community Center on select Mondays: April 15, 22, and 29. It is open to all and free with your community center membership. Please register at PotawatomiCC. recdesk.com.

Mother Earth Day: LNR is hosting an event for Mother Earth Day April 17, 2024, from 1-5 p.m. at the Bodwéwadmi Ktëgan (Potawatomi Farm.) The event is open to FCP tribal members, families, and descendants. Activities will include decorating pots and planting native plants, creating your own bird feeders and milk jug green houses, farm tours, and a chance to win door prizes.

Senior Spotlight: Attention all FCP High School Seniors. We want to honor you by including you into the May 1, May 15, and June 1, 2024 *Potawatomi Times* issues. Please refer to the FCP Senior Spotlight ad, scan the QR code to complete a questionnaire and upload your photo, or contact us at (715) 478-7437 or at times@fcp-nsn.gov for a paper form. The newspaper and banner deadline is May 1, 2024.

### **Changemaker Award**



#### by Amber Haseman

The Great Lakes Intertribal Food Coalition (GLIFC) received the 2024 Marbleseed Changemaker of the year award. The GLIFC received the award for strengthening the intertribal food system by supplying Tribal Elder Food Boxes to 11 federally recognized tribes in Wisconsin.

The 35th Annual Marbleseed Conference was held in Lacrosse, Wis. on Feb. 23, 2024, and recognized these efforts. The Tribal Elder Food Box Program (TEFBP) began in 2021 and delivered a total of 10,800 boxes within three tribal communities including the Oneida Nation, Red Cliff Band of Lake Superior Chippewa, and the Menominee Tribe of Wisconsin.

The goals of the program are to provide nutritious and culturally-related foods to tribal elders as well as supporting Indigenous, local, and small-scale farmers and food producers. In 2023, the program purchased food from a total of 23 Indigenous food producers and 32 non-indigenous food producers. Products include but are not limited to maple syrup and sugar, tea blends, elk, venison, and vegetables.

As the program grew, the network of tribes, agencies and food banks also grew. It takes several agencies and organizations to make the TEFBP work. The program would not be possible without all its dedicated partners; two of which are local including the Sokaogon Chippewa Community of Mole Lake and the Forest County Potawatomi Community.

On behalf of the Bodwéwadmi Ktëgan (Potawatomi Farm) and the Potawatomi Community, Farm Manager David Cronauer attended the conference and represented the tribe and their Elder Food Box Program.



Deadline for the May 1, 2024, issue of the PT is Wednesday, April 17, 2024.



#### **FCP EXECUTIVE COUNCIL**

Chairman: JAMES A. CRAWFORD Vice Chairwoman: HEATHER VANZILE

Secretary: AIYANA VANZILE
easurer: IMMANUEL "MANNY" JOHNSON II

Treasurer: IMMANUEL "MANNY" JOHNSON II
Council Members: BROOKS BOYD, DESTINEE ALLOWAY

#### **POTAWATOMI TIMES STAFF**

Writers/Photographers: VAL NIEHAUS & AMBER HASEMAN Graphic Designers: KRYSTAL STATEZNY & CHAD SKUBAL

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## **Pressure Canning Meat**



#### by Amber Haseman

During last month's canning class, those who attended learned how to pressure can meat. The class was held at Bodwéwadmi Ktëgan (Potawatomi Farm) March 19, 2024, at 5:30 p.m. by Food Preservation and Production Specialist Wenona Siggelkow and Sustainable Food Services Manager Nicole Filiatreault.

To save time, Siggelkow cut up the beef stew meat and ground up the bison meat prior to class. Each of the students started with cutting up raw onions to add into the meat mixture. Starting with sloppy joes, the ground bison was added into a pot to cook. In the meantime, others began preparing the sauce mix, combining a variety of spices and ketchup to create the perfect mixture. Once ready, the sauce was added into the pot along with onions and peppers to give the meat extra flavor.

Once the mixture was ready, the class began filling their jars and sealing them to perfection. Each of the jars were carefully placed into the pressure cooker. While that was heating, the

class moved onto canning the stew meat. They did so by adding onions to the bottom of the jar, followed with raw meat, onion, raw meat, and onion until the jar was full. Once all the air bubbles were removed, they screwed on the lids and added the jars to a second pressure canner.

Siggelkow handed out folders to the new members of the class as well as previous members, providing new handouts and additional ones from previous canning classes. She provided pamphlets from the Wisconsin Safe Food Preservation Series featuring canning salsa, vegetables, and meat — wild game, poultry, and fish safely. The class finished up the evening cleaning their work areas and a much-needed snack from the taco bar.

While the farm transitions from winter to spring, and from spring to summer, they will be taking a short break from their canning classes in preparation for their Farm to Table classes. Be sure to stay tuned for their upcoming classes.







people who work or plan to work in a tribal organization or Native American business environment. Areas covered include fundamental management skills, and how a native nation's legal, political, and cultural context impact an organization's work.

Find out more about Tribal Business Management:



#### **SUMMER CLASSES START MAY 8**

1. Business Essentials (Section #1786)

(Section #1/86) Credits: 1

Wednesdays, 8:30 am – 12:30 pm Nicolet College, Tamarack Center 210 May 8 – 29 (4 weeks)

2. Fundamentals of Tribal Management

(Section #1788) Credits: 3

Wednesdays, 8:30 am – 12:30 pm Nicolet College, Tamarack Center 210 June 5 – July 31 (9 weeks)

#### **QUESTIONS?**

Maggie Jensen Admissions Representative mrjensen@nicoletcollege.edu 715.365.4957 Marilyn Miller Indigenous Studies & Tribal Business Management Instructor mmiller@nicoletcollege.edu



times@fcp-nsn.gov for a paper form.



# Community Events APRIL 2024

TO MORNIGON WORNERS MONEY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Autism Awareness Month National Public Health Week April 1 – April 7	Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm Gte Ga Nes Preschool, Crandon, Laona & Wabeno Easter Monday No School Campus Closed Easter	Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	3 CDS Coaching Development Series (Coaching Education) Coaches, Parent- Coaches & Trainers 6 pm – 7:30 pm Language Class 10 am – 12 pm Wabeno School Board Meeting Wabeno High School Library 6 pm	4 Youth Sprots Foundational Training (Agility, Balance, Coordination & Speed- ABC's) Age 12 - 17 4 pm - 5:30 pm Four Steps to Keep you Cyber Safe! 2 pm - 4 pm Carter WeCare Building Potawatomi Ventures Celebration Event 4 pm - 6 pm	5	6
7	Tribal Members & Employee Training (Exceptional Experience Class) 4 pm Executive Building Auditorium  Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm  Crandon School Board Meeting Jaegar Auditorium 6 pm	Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	10 CDS Coaching Development Series Lunch with Executive Council 1 pm Appleton Double Tree by Hilton Language Class 10 am – 12 pm Laona School Board Meeting Laona Elementary Board Room 5:30 pm	Youth Sprots Foundational Training (Agility, Balance, Coordination & Speed- ABC's) Age 12 - 17 4 pm - 5:30 pm Blood Drive 10 am - 4 pm	12	13
14	15	16	17	18	19	20 3-on-3 Basketball
	Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm	Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	CDS Coaching Development Series  Mother Earth Day 1 pm - 5 pm LFPA Food Distribution Language Class 10 am - 12 pm Sobriety Feast 6 pm	Youth Sprots Foundational Training (Agility, Balance, Coordination & Speed- ABC's) Age 12 - 17 4 pm - 5:30 pm Empowering Survivors, Ending the Stigma 11:30 am - 2:30 pm	<b>Laona School</b> Staff Development <b>No School</b>	Tournament (Entry & Payment Deadline April 18, 2024)  3 ON ANNUAL BASKETBALL TOURNAMENT
21	22	23	24 Diabetes Luncheon	25	26	27 Mno Kmet Craft Fair
National Infant Immunization Month April 21 – April 27	Tribal Members & Employee Training (Career Success & FCP Values Class) 4 pm Executive Building Auditorium Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm Mother Earth Day	Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	12 pm –1:30 pm  CDS Coaching  Development Series (Coaching Education) Coaches, Parent- Coaches & Trainers 6 pm – 7:30 pm  Language Class 10 am – 12 pm  Traditional Healer 7 am – 5 pm	Youth Sprots Foundational Training (Agility, Balance, Coordination & Speed- ABC's) Age 12 - 17 4 pm - 5:30 pm Traditional Healer 7 am - 5 pm	Crandon Professional Development No School Virtual Learning Day • 4K/Early Childhood Screening (9-3 pm)	9 am – 2 pm Open to the Public Free Admission  Mnokmet SPRING Craft Fair SATURDAY, APRIL 27, 2024 9:00 AM - 2:00 PM
28	29	Dollars & Sense Financial Literacy 101 & 102 Classes (Classrom or Virtual)	Wednesday, April 17 LFPA Food Distribution 9 pm – 10 am Community Center 10:30 am – 11:30 am CStore (Carter)		2024 Annual Spring Cleanup Days Beginning: Monday, April 29 Ending: Monday, May 13 LOCATIONS: Blackwell: Chief Wabeka Drive	

GENERAL INFORMATION COMMUNITY CENTER POWWOW GROUNDS

BODWÉWADMI KTËGAN HEALTH & WELLNESS MUSEUM LOCAL SCHOOLS

(Classroom or Virtual)

5 pm – 7 pm

**Pow Wow Club** 

4:30 pm - 5:30 pm

**Youth Track Club** 

Lenear Speed Training

Age 11–17

5 pm - 6:30 pm

**CStore (Carter)** 

12 pm – 1 pm

**The Farm** 

LS

03/19/2024 v2

Blackwell: Chief Wabeka Drive

Carter: Industrial Park Road

Stone Lake: FCP Solid Waste



# **APRIL** 2024

Lap Swim Yard & Adult Swim Pool 10am-1pm 2pm-5pm Activity Pool & **Hot Tub** 

**Family Swim** 10am-1pm 2pm-5pm

**SUNDAYS** 

Aqua ZUMBA®

WE DIT OF HOW NO CLASSES Monday, April 1 in observance of Easter

**Slide & Features** Slide & 10am-1pm 2pm-4pm

**Open Swim** 7am-9am 10am-3pm 4:30pm-5:30pm 6:15pm-7pm

**MONDAYS** 

**Lap Swim** 

& Adult Swim

7am-3pm

4pm-7pm

**Shallow Water Aerobics** 9:15am-10am

5:30pm-6:15pm

**CLOSED** 

4pm-5:35pm **Deep Water Aerobics** 

**TUESDAYS** 

**Lap Swim** 

& Adult Swim

7am-3pm

4pm-7pm (LL)

**Open Swim** 

7am-9am

10am-3pm

6:15pm-7pm

**Shallow Water** 

**Aerobics** 

9:15am-10am

**Aqua Jogging** 

10:15am-

10:45am (LL)

**Swim Lessons** 

5:30pm-6:15pm (LL)

**CLOSED** 

**Lap Swim** & Adult Swim 7am-3pm 8am-3pm (LL)

**WEDNESDAYS** 

4pm-7pm **Open Swim** 7am-9am

11am-3pm 4pm-7pm **Shallow Water Aerobics** 9:15am-10am

9:15am-10am **Aqua HIIT** 10:15am-11am

**CLOSED** 

**Adult Swim** Lessons 1pm-2pm

**THURSDAYS** 

**Lap Swim** 

& Adult Swim

4pm-7pm

**Open Swim** 

8am-9am

10am-3pm

4pm-7pm

**Shallow Water** 

**Aerobics** 

**CLOSED** 

**FRIDAYS** 

Lap Swim

& Adult Swim

10am-3pm

4pm-7pm

**Open Swim** 

10am-3pm

4pm-7pm

Slide & Features Slide & Features 4pm-7pm 11am-2pm 3pm-6pm

NOW OFFERING

ADULT

Swim Lessons

**SATURDAYS** 

**Lap Swim** 

& Adult Swim

11am-2pm

3pm-6pm

**Open Swim** 

11am-2pm

3pm-6pm

LES

April 15 thru May 23

Registration **CLOSES** 4/14/24



**Features** 

To register for classes visit our front desk or online at: PotawatomiCC.recdesk.com

For info contact Aquatics Manager Kimberly Shawano: 715-478-6513 • Kimberly Shawano@FCP-nsn.gov All classes subject to change

**AQUATIC CENTER** 

5471 Thayék Éthë Dnêkmëgzêk Myéw (The Place Where Everyone Plays Road) Crandon, Wisconsin

#### You MUST register 回燃料画

for all classes. Visit our front desk or scan this QR Code.

March 11 - June 1, 2024

WEDNESDAYS

Class Location 1 AQUATIC CENTER **GROUP EXERCISE ROOM** COMBATIVE ROOM TURF FIELDHOUSE

#### **Land Classes**

**NO CLASSES** 

W.A.H.H. = T.H.O.Y.

NO CLASSES

March 3-9

April 1 & May 27

**SUNDAYS** 

**Senior Fit** 9am-9:45am **Bodyweight** Combat

MONDAYS

5:30pm-6:15pm Spin 5:30pm-6:15pm

Spin 5:45am-6:30am Tai Chi 9am-9:45am

LIIT 5:30pm-6pm

TUESDAYS

Circuits 5:45am-6:30am **Full-Body Fitness** 9am-9:45am

**ZUMBA®** Toning 5:30pm-6:30pm

HIIT 5:45am-6:15am Mobility & Core 9am-9:30am

**THURSDAYS** 

Pedal & Pump 9am-9:45am Cardio

Drumming

5:30pm-6:30pm

**Bodyweight Blast** 6:00am-6:30am

Active Tots 10am-10:30am **ZUMBA®** Fitness 10:15am-11am

**FRIDAYS** 

**SATURDAYS Callisthenics** 9am-9:45am

(Aquatic Classes)

**NO CLASSES Shallow Water** 9:15am-10am

> Aaua **ZUMBA**® 5:30pm-6:15pm

MONDAYS

**Aerobics** 

**TUESDAYS** Shallow Water **Aerobics** 

9:15am-10am Aqua Jogging 10:15am-11am **Deep Water Aerobics** 

5:30pm-6:15pm

**ELDERS ONLY Shallow Water Aerobics Aqua HIIT** 10:15am-11am

WEDNESDAYS

**THURSDAYS Shallow Water Aerobics** 9:15am-10am

**FRIDAYS NO CLASSES**  SATURDAYS

**NO CLASSES** 

For more info contact Group Exercise Coordinator Dalylah Zillmer at 715-478-6528, or email her at: Dalylah.Zillmer@FCP-nsn.gov.

All classes and prices subject to change. Specialty Classes require separate fees. Classes with three or less participants for four consecutive weeks will be removed from the schedule. **WFiUness Promotions** 

Members=\$35 • Non-Members=\$50

Includes access to 20 Group Exercise Classes of your choice, as well as discounted pricing on Specialty Classes!

DROP-IN GEES

Members \$3 pardass

Non-Members \$10 per dass

# Wisconsin Waterfowl Assoc. Working to Improve and Restore Public Lands with New Initiative

submitted by Wisconsin Waterfowl Association

Wisconsin has 1.4 million acres of public land available for hunting and recreation, including some of the best waterfowl habitat in the country. But there are many parts of our public lands that are unproductive and need significant restoration work.

To help that effort, in 2023 the Wisconsin Waterfowl Association (WWA) hired two new restoration ecologists to improve public lands in Wisconsin.

These ecologists to work exclusively on public lands in Wisconsin to help enhance habitat and restore wetlands that are crucial to healthy waterfowl populations.

"By dedicating staff to develop plans to improve these public lands we can not only ensure that Wisconsin can continue to maintain a healthy waterfowl population, but also help our waterfowl hunters see more success when out on public lands," said WWA Executive Director Bruce Ross.

Working in partnership with the Wisconsin Department of Natural Resources (DNR), WWA's Public Land Ecologists are identifying potentially restorable wetlands and develop-

ing restoration plans on DNR managed properties. They are also helping expand wild rice beds throughout the state, particularly in the ceded territories.

The program is a multi-year partnership with the Wisconsin DNR. Additional funding to support the positions is coming from the Fund for Lake Michigan, the James E. Dutton Foundation, the Wisconsin Bird Fund (A Legacy Fund of the Society of the of Tympanuchus Cupido Pinnatus), and proceeds from the annual Waterfowl Hunters Expo.

WWA's ecologists completed considerable up-front project identification and evaluation in 2023, setting the stage for breaking ground on wetland restorations in 2024. To date, more than 150 public properties have undergone desktop reviews, with 11 properties under further consideration for restoration. Three other projects are in the planning and design process, and one is moving forward through permitting.

Construction on the first project, restoring 16 acres of wetlands at the Navarino Wildlife Area in Shawano

County, is expected to begin this year. Additional potential projects totaling nearly 225 acres of wetland restoration at the Brooklyn Wildlife Area (Dane County), Peter Helland Wildlife Area (Columbia County) and Evansville Wildlife Area (Rock County) are in the planning and design process.

Wisconsin has lost approximately 50 percent of our wetlands due to drainage, agriculture, development, and incompatible land use practices. The restoration of hydrology in these wetlands will improve and increase habitats for waterfowl and other species of wildlife, improve retention of precipitation to prevent flooding in communities, filter groundwater, reduce runoff and erosion, and improve hunting and other recreational experiences.

The public lands initiative also worked to expand wild rice beds throughout the Ceded Territory in northern Wisconsin. Natural wild rice production in Wisconsin is on a long-term decline, and the restoration or establishment of wild rice in suitable state waters will help create more food sources and better covers for wild-

life. WWA volunteers collected 230 pounds of wild rice and purchased another 1,500 pounds in 2023 – all of it seeded on priority waters.

"For 40 years, the WWA has been working to create better habitat, educate and advocate for waterfowl hunters here in Wisconsin. We are excited to expand our efforts to increase habitat for wildlife and provide an even better experience for hunters in Wisconsin," said Ross.

The Wisconsin Waterfowl Association is a state-based, non-profit conservation organization dedicated to the conservation of Wisconsin's waterfowl and wetland resources. Since 1984,

WWA has worked to restore critical habitat in Wisconsin, educate the next generation of waterfowl hunters, and advocate for policies that protect Wisconsin's resources and the rights of citizens to hunt.

For more information: Bruce Ross, (262) 224-4949, broos@wisducks.org





## Elder Menu

APRIL 14
Breakfast: Scrambled eggs,
fruit
Lunch: Beef stroganoff

Dinner: Chicken noodle soup

APRIL 15
Breakfast: Boiled eggs, corned
beef hash
Lunch: Hot ham & cheese
casserole

APRIL 16
Breakfast: Waffles
Lunch: Lasagna casserole
Dinner: Oven baked rosemary
chicken

Dinner: venison steak

APRIL 17
Breakfast: Fried eggs, sausage
patty
Lunch: Stuffed green pepper
casserole

Dinner: Tomato soup & cheese sandwich

APRIL 18
Breakfast: Cream of wheat
Lunch: Baked fish
Dinner: Turkey/bacon wrap

APRIL 19
Breakfast: Chocolate chip
pancakes
Lunch: Swedish meatballs over
noodles
Dinner: Chicken veggie soup

APRIL 20
Breakfast: Boiled eggs
Lunch: Elk tenderloin
Dinner: Split pea soup

APRIL 21
Breakfast: Fried eggs, fruit
Lunch: Chicken & gravy over
mashed potatoes
Dinner: Turkey sweet potato
skillet

APRIL 22 Breakfast: Cheese omelet Lunch: Sloppy joes Dinner: Chicken tacos

APRIL 23 Breakfast: Scrambled eggs Lunch: Beef stew Dinner: Veggie jambalaya APRIL 24
Breakfast: Biscuits & gravy
Lunch: Brat, augratin potatoes
Dinner: Italian chicken wrap

APRIL 25
Breakfast: Veggie omelet
Lunch: Apple & Gouda stuffed
pork chop
Dinner: Fish tacos

APRIL 26
Breakfast: Pancakes
Lunch: Baked chicken breast
Dinner: Shredded beef









RECEIVE **DOUBLE PUNCHES** AT BINGO **THURSDAYS** IN APRIL





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