



ESSEX COUNTY OFFICE OF THE MANAGER

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Daniel L. Palmer
County Manager

Linda M. Wolf
Purchasing Agent

TO: All Bidders

FROM: Linda Wolf, CPA, Purchasing Agent

DATE: October 4, 2023

SUBJECT: Addendum #1 RFP SENIOR MEAL PROGRAM SERVICES

This Addendum, issued to bid document holders of record, indicates changes to the bid documents for the *Senior Meal Program Services* RFP Opening October 18, 2023.

PLEASE NOTE the following Questions and Answers:

QUESTION: Can vendors be provided with the last 12 months (August 1, 2022 – August 31, 2023) of utility bills for all sites in which the vendor is responsible for such services?

ANSWER: In 2022, our current sub-contractor budgeted \$19,505 for utility services and in 2023, they budgeted \$19,000.00

QUESTION: Does the county pay for the vehicle insurance, registration, inspections, and replacement vehicles? Or will those items be the responsibility of the incoming vendor?

ANSWER: The cost of vehicle insurance, registration, inspections, and all repairs are the responsibility of the vendor to pay. Replacement vehicles would be funded by Essex County Office for the Aging. Please note that the vendor is responsible, at their own expense and cost, to keep all equipment in good repair, condition, and working order and shall furnish all parts, mechanisms, and devices required to keep the equipment in good mechanical order.

QUESTION: Can vendors be provided with the last 12 months of menus (August 1, 2022 – August 31, 2023)?

ANSWER: See attached menus that have been used by the current provider.

QUESTION: Can vendors be provided with a complete inventory of existing meal transportation equipment, including but not limited to coolers, transport containers for HD and Congregate meals?

ANSWER: Currently the central kitchen has 30+ Coleman (or equivalent brand) coolers that are used to transport chilled meals. Also, there are currently multiple Electric, One and Two Compartment, Meal Transport containers.

QUESTION: Are vendors responsible for providing disposables for congregate sites. If so, will vendors be allowed to bill the OFA separately for these items.

ANSWER: Disposable materials should be limited at the Congregate dining locations apart from napkins. It would be the expectation that meals are served in/on dishes that are to be washed and re-used. Each congregate dining center has these dishes on-site.

QUESTION: Are vendors responsible for providing cleaning supplies for the congregate sites? If so, will vendors be allowed to bill the OFA separately for these items?

ANSWER: The site manager at each Congregate site would be expected to keep the site cleaned and to follow all the NYS Department of Health Disinfecting guidelines. The cost of cleaning materials would be at the expense of the vendor.

QUESTION: Can vendors be provided with a complete inventory of hotel pans, sheet pans and pots currently in use in the central kitchen?

ANSWER: The central kitchen has an adequate number of hotel pans, sheet pans, and pots that are in good condition.

QUESTION: Are vendors responsible for paying the County's dietitian costs?

ANSWER: Essex County Office for the Aging contracts with a Registered Dietician and that cost is not the responsibility of the vendor.

QUESTION: In the central kitchen, is internet and phone service provided by the county or is that part of the utility expenses?

ANSWER: At the central kitchen, the internet and phone service is not provided by the county and it would be an expense that the vendor is responsible for. In 2022, the current vendor budgeted \$9,000 for telephone/communications for all sites and the central kitchen and in 2023, \$8,000 was budgeted.

QUESTION: Can the County provide the 12 months of each vehicle's service records (August 1, 2022 – August 31, 2023).

ANSWER: Currently all Nutrition vehicles are maintained by the mechanics at the Essex County Highway Department and the responsibility of these costs is the vendor. Each vehicle is serviced every 5,000 miles, gets a NYS inspection annually, has general maintenance performed (brakes, etc.) as needed, and has studded tires installed each winter and then all-season tires in the spring.

QUESTION: Can the County provide the routes, with round trip mileage, for both HDM and congregate sites?

ANSWER: Congregate sites are delivered to on the Home Delivered Meal routes. The approximate route trip mileage for each route is: Schroon Lake – 135; Lake Placid – 125; Jay – 122; Keeseville – 93; Elizabethtown – 85; Ticonderoga – 80; Crown Point – 65; Port Henry 1 – 47; Port Henry 2 – 45; and Willsboro – 30

QUESTION: Can vendors receive the recipes used to produce meals for your senior meal program?

ANSWER: Standardized recipes are used for current meals planned on each menu. It is not expected that the incoming vendor utilize the same meal patterns as currently is being used. The current vendor budgeted \$300,000.00 for raw food costs in 2022 and \$280,000.00 in 2023.

QUESTION: Is the incoming vendor responsible for the replacement of kitchen equipment such as ovens, cooktops, kettles, steamers, etc? If so, can the County include the condition of each piece of equipment along with the inventory requested above?

ANSWER: The incoming vendor would not be responsible for replacement of kitchen equipment such as ovens, cooktops, etc. Essex County would budget for the cost of these items separately from the contract with the incoming vendor

QUESTION: Does the County anticipate any changes happening with the menu pattern or meal service operation during the term of the contract?

ANSWER: The only potential change to the meal service operation would be to have a contractual relationship with a vendor that could provide drop shipped refrigerated meals. This contract would supplement the meal service operation provided by the incoming vendor.

As described in the RFP, the incoming vendor shall submit menus and prepare foods that use a variety of nutrient-dense foods and beverages within and among basic food groups while choosing foods that limit intake of saturated fats and have no trans fats and little added sugars and salt. Menus will be planned by the Contractor, in collaboration with the ECOFA RD and subject to approval from the Director of ECOFA. Menus must meet the nutritional requirements outlined in the RFP and must be analyzed by the contractor and then approved by the OFA RD and the Director of ECOFA. Menus will be prepared on a 21-day cycle menu, and will change on a quarterly basis. Contractor's recipes will be available to ECOFA for approval and to ensure accurate nutritional analysis of the menu components.

QUESTION: Will the County continue to use volunteers to perform identified services if a private vendor is awarded this contract, or should the vendor be prepared to assume all responsibilities currently performed by volunteers?

ANSWER: The current contractor utilizes volunteers from Americorps Seniors – RSVP. It will be the vendor's responsibility to explore how volunteers could be used to supplement the program.

QUESTION: Can the County clarify whether vendors are responsible to man each congregate location and serve meals, in addition to meal productions and delivery

ANSWER: This RFP requests proposals for the meal production and delivery of home delivered meals and the meal production and the operation of the congregate sites which would require each site to have a site manager.

QUESTION: What is the current annual rent for each Congregate site?

ANSWER: The current annual rents are: Ausable Forks - \$3,600.00; Elizabethtown - \$1,500.00; Essex/Willsboro - \$2,400.00; Keeseville - \$1,920.00; Lake Placid - \$4,260.00; Minerva - \$600.00; Newcomb - \$780.00; Port Henry - \$3,000.00; Schroon Lake - \$3,300.00; Ticonderoga - \$4,260.00; and Wilmington - \$3,600.00.

QUESTION: What are the current staffing levels?

ANSWER: The current vendor budgeted the following positions in 2023: One (1) Director; One (1) Food Service Coordinator; One (1) Transportation Supervisor; One (1) Cook Supervisor; Two (2) Cooks; One (1) Site Manager/Cook/Food Transporter; Ten (10) Site Managers; Twelve (12) Food Transporters; One (1) Nutrition Aide; and Two (2) Dishwashers.

QUESTION: What is the current Holiday Schedule for Essex County?*

ANSWER: The current Holiday Schedule is: New Year's Day; Martin Luther King Day; Presidents Day;

Memorial Day; Juneteenth; Independence Day; Columbus Day; Veterans Day; Thanksgiving; Day after Thanksgiving; and Christmas.

* When a holiday falls on a Saturday, employees shall be given Friday off. When a holiday falls on a Sunday, employees shall be given Monday off.

QUESTION: What is the current route schedule?

ANSWER: Following is the current route schedule (there are slight variations each day due to additions and deletions of home delivered meal clients):

Minerva/Schroon Lake/Newcomb – 135 miles (Currently, this route delivers bulk food to Schroon Lake, Minerva and Newcomb sites on Tuesday and Thursday for site managers to prepare meals for the week; in Minerva, the food transporters deliver the meals to home delivered meal clients on Tuesday and Thursdays when in the area delivering bulk food to the congregate site, volunteers deliver home delivered meals Monday - Friday in Schroon Lake and the site manager delivers home delivered meals in Newcomb, Monday - Friday).

Lake Placid – 125 miles (Currently delivers to all Lake Placid home delivered meals clients on Monday - Friday, delivers to the site (when opened) on Monday - Friday, delivers to Saranac Lake home delivered meal clients on Monday - Thursday, and to Bloomingdale clients, once a week).

Jay/Wilmington – 122 miles (Currently delivers the bulk food to the congregate site at Ausable Forks on Monday and Wednesdays, delivers the bulk food to the congregate site at Wilmington on Tuesday and Thursdays, and delivers meals to all home delivered clients in the Jay and Wilmington area)

Essex/Keeseville – 93 miles (Currently delivers meals to all home delivered meal clients and to the congregate site in Keeseville on Monday - Friday, to Willsboro/Essex congregate site daily and a few home delivered meals in the town of Essex)

Elizabethtown/Lewis/Westport – 85 miles (Currently delivers home delivered meals to individuals in Elizabethtown, Lewis and Westport)

Ticonderoga – 80 miles (Currently delivers to the congregate site Monday - Friday, to home delivered meal clients in Ticonderoga Monday - Friday and meets the Ti 3 volunteer at the Ticonderoga congregate site Monday - Friday)

Crown Point – 65 miles (Currently delivers meals in and around the town of Crown Point on Monday - Friday)

Port Henry 1 – 47 miles (Currently delivers to home delivered meal clients in and around the town of Moriah on Monday - Friday, delivers meals to the Moriah Congregate site and meets the PH2 driver, Monday - Friday)

Port Henry 2 – 45 miles (Currently this driver is funded by the town of Moriah. The PH2 driver meets the Port Henry 1 driver at the Moriah Congregate site and delivers meals in Port Henry area on Monday - Friday)

Willsboro – 30 miles (Currently this driver is funded by the town of Willsboro. The town of Willsboro driver meets the Essex/Keeseville driver at the Essex/Willsboro site and picks the meals up from that driver. The town of Willsboro driver then delivers to home delivered meal clients in the town of Willsboro).

August Menu

ACAP Nutrition Menu- Menu subject to change without notice

1 Roast pork with honey mustard, sweet mashed potatoes, broccoli, peaches, wheat bread, milk	2 Chicken salad plate, lettuce & tomato, potato salad, mandarin oranges, wheat roll, milk	3 Cheeseburger, lettuce & tomato, baked beans, broccoli slaw, junk yard salad, milk	4 Smothered chicken w/ peppers & onions, roasted red potatoes, mixed veggies, blushing pears, wheat bread, milk	5 Spanish rice with peppers, grapes, wheat bread, milk
8 Chicken & biscuits, mashed potatoes, green beans, yogurt parfait, milk	9 Summer spaghetti salad, no bake cookie, orange juice, wheat bread, milk	10 Roast beef with gravy, roasted red potatoes, mixed veggies, blueberry & apple crisp, wheat bread, milk	11 Sweet & sour chicken, rice, summer zucchini, fruit salad, wheat bread, milk	12 Zucchini goulash with bowtie pasta, strawberries with fruit dip, wheat roll, milk
15 Baked haddock, egg noodles, broccoli slaw, watermelon, wheat bread, milk	16 Meatloaf, mashed potatoes, peas, strawberry & cream bars, wheat bread, milk	17 BBQ chicken, corn, pasta salad, fruit cocktail, wheat bread, milk	18 Taco salad, banana, wheat bread, milk	19 Salmon, rice, asparagus, mandarin orange, salad, wheat bread, milk
22 BBQ ribs, potato salad, wax beans, oatmeal cookie, orange juice, biscuit, milk	23 Spaghetti with meat sauce, tossed salad, pineapple upside down cake garlic bread, milk	24 Grilled chicken sandwich, lettuce & tomato, diced potatoes, fruit salad, wheat bun, milk	25 Teriyaki beef tips, bow tie pasta, english cucumber salad, strawberry with fruit dip, wheat bread, milk	26 Chef salad, cantaloupe, wheat bread, milk
29 Sloppy Joes, wheat hamburger bun, tater tots, coleslaw, applesauce, milk	30 Roast pork with honey mustard, sweet mashed potatoes, broccoli, peaches, wheat bread, milk	31 Chicken salad plate, lettuce & tomato, potato salad, mandarin oranges, wheat roll, milk		

IMPORTANT POLICY* Be home between 8:30am-1:30pm to receive your meals. If you will not be home, please call 518-962-2730 or 518-873-3695 to cancel. Also, you can leave a note if you won't be home. All home delivered meal cancelations will be on WPTZ Channel 5. Reheating meal: Vent the plastic sections with a fork or pull up a corner of each section to vent. Caution steam will be hot! To microwave, heat meal 2-3 min on high or until the food reaches a temp of 165. To heat in the stove, place on cookie sheet in middle of oven at 365 for 20 to 25 min, until the food reaches a temp of 165. Suggested contribution is \$3.50. No older adult will be denied services due to inability or unwillingness to contribute. Services and funding provided in whole or by part, by US Department of Health & Human Services, Administration on Aging, New York State Office for the Aging, Essex County Office for the Aging and Adirondack Community Action Program (ACAP). Nutritional analysis available upon request.

September Menu

ACAP Nutrition Menu- Menu subject to change without notice

			1 Spanish rice with peppers, grapes, wheat bread, milk	2 Smothered chicken w/ peppers & onions, roasted red potatoes, spinach, blushing pears, wheat bread, milk
5 Closed-Happy Labor Day!! Cheeseburger, Bakes Beans, Veggies	6 Chicken & biscuits, mashed potatoes, green beans, yogurt parfait, milk	7 Summer spaghetti salad, cookie, orange juice, wheat bread, milk	8 Roast beef with gravy, roasted red potatoes, mixed veggies, blueberry & apple crisp, wheat bread, milk	9 Sweet and sour chicken, rice, summer zucchini, fruit salad, wheat bread, milk
12 Zucchini goulash, bow tie pasta, strawberries with fruit dip, wheat roll, milk	13 Baked haddock, egg noodles, broccoli slaw, watermelon, wheat bread, milk	14 Meatloaf, mashed potatoes, peas, strawberry and cream bars, wheat bread, milk	15 BBQ chicken, corn, pasta salad, fruit cocktail, wheat bread, milk	16 Taco salad, banana, wheat bread, milk
19 Salmon, rice, asparagus, mandarin orange, salad, wheat bread, milk	20 BBQ ribs, potato salad, wax beans, oatmeal cookie, orange juice, biscuit, milk	21 Spaghetti with meat sauce, tossed salad, pineapple upside down cake, garlic bread, milk	22 Grilled chicken sandwich, lettuce & tomato, diced potatoes, fruit salad, wheat hamburger bun, milk	23 Teriyaki beef tips, bow tie pasta, english cucumber salad, strawberry with fruit dip, wheat bread, milk
26 Sloppy joe, wheat hamburger bun, tater tots, coleslaw, apple juice, milk	27 Chef salad, cantalope, wheat bread, milk	28 Roast pork with honey mustard, sweet mashed potatoes, broccoli, peaches, wheat bread, milk	29 Chicken salad plate, lettuce & tomato, potato salad, mandarin oranges, wheat roll , milk	30 Cheeseburger, lettuce & tomato, baked beans, broccoli slaw, junkyard salad, milk

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October Menu

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3 Spanish rice with peppers, grapes, wheat bread, milk	4 Parmesan crusted chicken, cubed potatoes, peas, peaches, wheat bread, milk	5 Fish sandwich on wheat hamburger bun, bow tie pasta, broccoli, fruit cocktail, tartar sauce, milk	6 Shepards pie, broccoli/cauliflower, cherry crisp, wheat bread, milk	7 Sausage egg bake, broccoli, fruit salad, wheat bread, milk
10 Closed-Columbus Day Michigans, baked beans, diced carrots	11 Beef and macaroni casserole, brussel sprouts, pear halves with cottage cheese, wheat roll, milk	12 Baked ham with brown sugar mustard glaze, sweet potato, mixed veggies, pine. upside down cake, wheat bread, milk	13 Chicken & biscuits, green beans, mashed potatoes, yogurt parfait, milk	14 Turkey & gravy, mashed potatoes, squash, applesauce, wheat bread, milk
17 Zucchini goulash, bow tie pasta, chocolate mousse, apple juice, wheat roll, milk	18 Philly cheesesteak, spinach, mac salad, junkyard salad, wheat hamburger bun, milk	19 Chicken broccoli alfredo with penne pasta, mandarin oranges, wheat roll, milk	20 Spaghetti with meat sauce, side salad, yogurt parfait, garlic bread, milk	21 Chili, rice, diced carrots, corn bread, banana, milk
24 Salmon, rice, asparagus, mandarin orange, salad, wheat bread, milk	25 Meatloaf, mashed potatoes, corn, strawberries and cream bars, wheat bread, milk	26 Brunswick stew, biscuits, peaches, yogurt parfait, milk	27 Turkey dinner casserole, pumpkin pie/angel food cake, apple juice, wheat roll, milk	28 Chicken cacciatore spaghetti, wax beans, blueberry apple crisp, wheat roll, milk
31 Macaroni and cheese, stewed tomatoes, corn bread, pear halves, milk				

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November Menu

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	1 Spanish rice with peppers, grapes, wheat bread, milk	2 Parmesan crusted chicken, cubed potato, peas, peaches, wheat bread, milk	3 Fish sandwich on wheat hamburger bun, broccoli, bow tie pasta, fruit cocktail, tartar sauce, milk	4 Shepard's pie, broccoli/ cauliflower, cherry crisp, wheat bread, milk
7 Closed- (Sites Open) Sausage egg bake, canned fruit, wheat bread, milk	8 Baby back ribs, mashed potato, squash, pumpkin delight, biscuit, milk	9 Beef & macaroni casserole, brussel sprouts, pear halves with cottage cheese, wheat roll, milk	10 Baked ham with brown sugar mustard glaze, sweet potato, mixed veggies, yogurt parfait, wheat bread, milk	11 Closed-Happy Veteran's Day! Salisbury with gravy, potato cubes, veggie
14 Chicken & Biscuits, green beans, mashed potatoes, pineapple upside down cake, milk	15 Zucchini goulash, bow tie pasta, chocolate mousse, apple juice, wheat roll, milk	16 Philly cheese steak, spinach, mac salad, junk yard salad, wheat hamburger bun, milk	17 Turkey & Gravy, mashed potatoes, squash, pumpkin pie or angel food cake, apple juice, wheat bread, milk	18 Chicken broccoli alfredo with penne pasta, mandarin oranges, wheat roll, milk
21 Turkey dinner, casserole, applesauce, wheat bread, milk	22 Spaghetti with meat sauce, veggie, yogurt parfait, garlic bread, milk	23 Chili, rice, diced carrots, cornbread, banana, milk	24 Closed-Happy Thanksgiving! Chicken & gravy, mashed potatoes, squash	25 Closed-Happy Thanksgiving! Stuffed shells, veggies
28 Salmon rice, asparagus, fruit, wheat bread, milk	29 Meatloaf, mashed potatoes, corn, yogurt parfait, wheat bread, milk	30 Brunswick stew, biscuits, peaches, strawberries & cream bars, milk		

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December Menu

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			1 Chicken cacciatore, spaghetti, wax beans, blueberry/apple crisp, wheat roll, milk	2 Macaroni & cheese, stewed tomatoes, cornbread, pear halves, milk
5 Parmesan crusted chicken, cubed potatoes, peas, peaches, wheat bread, milk	6 Fish on a wheat hamburger bun, bow tie pasta, broccoli, fruit cocktail, tartar sauce, milk	7 Shepard's pie, broccoli/cauliflower cherry crisp, wheat bread, milk	8 Sausage egg bake, broccoli, fruit salad, wheat bread, milk	9 Baby back ribs, mashed potato, squash, pumpkin delight, biscuit, milk
12 Beef & macaroni casserole, brussel sprouts, pear halves, wheat roll, milk	13 Chili, rice, diced carrots, cornbread, banana, milk	14 Chicken & biscuits, green beans, mashed potato, yogurt parfait, milk	15 Zucchini goulash, bow tie pasta, chocolate mousse, apple juice, wheat roll, milk	16 Philly cheese steak, spinach, mac salad, junkyard salad, wheat hamburger bun, milk
19 Turkey & gravy, mashed potato, squash, apple sauce, wheat bread, milk	20 Chicken broccoli alfredo with penne pasta, mandarin oranges, wheat roll, milk	21 Spaghetti with meat sauce, side salad, yogurt parfait, garlic bread, milk	22 Baked ham with pineapple, mashed potato, diced carrots, cheesecake, wheat roll, milk	23 Turkey dinner casserole, apple sauce, wheat bread, milk
26 Closed-Happy Holidays! 	27 Closed-Happy Holidays! 	28 Salmon, rice, asparagus, cookie, apple juice, wheat bread, milk	29 Meatloaf, mashed potato, corn, strawberry and cream bars, wheat bread, milk	30 Brunswick stew, biscuits, peaches, yogurt parfait, milk

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January Menu

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2 -Closed- HAPPY NEW YEAR	3 Chicken & biscuits, mashed potato, green beans, yogurt parfait, milk	4 Roast pork with gravy, sweet mashed potato, brussel sprout, apricots, wheat bread, milk	5 Vegetable soup, turkey sandwich with wheat bread, cinnamon bun, apple juice, milk	6 Meatball sub, sesame seed bun, italian blend vegetable, yogurt with fruit, milk
9 Fish on a wheat hamburger bun, bow tie pasta, broccoli, fruit cocktail, tartar sauce, milk	10 Smothered chicken, roasted red potatoes, spinach, brownie, apple juice, wheat bread, milk	11 Beef & macaroni soup, cinnamon bun, apple juice, wheat bread, milk	12 Hawaiian ham, sweet potato, mixed veggies, mandarin orange, salad, wheat bread, milk	13 Chicken fajitas, rice, strawberries with fruit dip, milk
16 -Closed- MLK Jr. Day Meatloaf Mashed Potato Corn	17 Shepard's pie, broccoli/cauliflower, cherry crisp, wheat bread, milk	18 Roast pork w/ honey mustard, sweet mashed potato, cali. blend veg, fruit salad, wheat bread, milk	19 Macaroni & cheese, beets, pear halves, tapioca pudding, apple juice, wheat bread, milk	20 Turkey & gravy, mashed potato, squash, apple pie, wheat bread, milk
23 Beef stew, wheat dinner roll, strawberry crisp, milk	24 BBQ chicken, roasted potatoes, coleslaw, junk yard salad, wheat roll, milk	25 Baked haddock, egg noodle, broccoli, coconut cream bars, banana, wheat bread, milk	26 Corn chowder, egg, cherry crisp, wheat roll, milk	27 Philly cheese steak, macaroni salad, spinach, rice krispy treats, apple juice, wheat bun, milk
30 Creamy sage chicken, mashed potato, green beans, pine. upside down cake, wheat bread, milk	31 Cheeseburger, wheat bun, lettuce, tomato, rice, broccoli, ambrosia salad, milk			

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February Menu

ACAP NUTRITION MENU- MENU SUBJECT TO CHANGE WITHOUT NOTICE

		1 Cheeseburger with wheat bun, lettuce & tomato, rice, broccoli, ambrosia salad, milk	2 Chicken & biscuits, mashed potatoes, green beans, yogurt parfait, milk	3 Roast pork w/ gravy, sweet mashed potato, brussel sprout, apricots, wheat bread, milk
6 Vegetable soup, turkey sandwich w/ wheat bread, cinnamon bun, apple juice, milk	7 Meatball sub, sesame seed bun, cubed potato, italian blend veggie, yogurt with fruit, milk	8 Fish on a wheat bun, bow tie pasta, broccoli, fruit cocktail, tartar sauce, milk	9 Smothered chicken, roasted red potato, spinach, brownie, apple juice, wheat bread, milk	10 Beef & macaroni soup, cinnamon bun, apple juice, wheat roll, milk
13 Hawaiian ham, sweet potato, mixed veggies, mandarin orange, salad, wheat bread, milk	14 Cordon bleu, mashed potato, asparagus, straw. cake or angel food cake, berries, wheat bread, milk	15 Chicken fajitas, rice, strawberries with fruit dip, milk	16 Meatloaf, mashed potato, corn, pumpkin pecan crisp, wheat bread, milk	17 Shepard's pie, broccoli, cauliflower, cherry crisp, wheat bread, milk
20 -Closed- President's Day Roast pork w/ honey mustard, sweet mashed potato, Cali. blend	21 Turkey, gravy, mashed potato, squash, apple pie, wheat bread, apple juice, milk	22 -Ash Wed- Baked Haddock, egg noodles, broccoli, coconut cream bars, banana, wheat bread, milk	23 Macaroni & cheese, beets, tapioca pudding, wheat bread, milk	24 Corn chowder, egg salad, cherry crisp, wheat roll, milk
27 Beef stew, wheat roll, strawberry crisp, milk	28 BBQ chicken, roasted potatoes, coleslaw, junkyard salad, wheat roll, milk			

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March Menu

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		1 Cheeseburger with wheat bun, lettuce & tomato, rice, broccoli, ambrosia salad, milk	2 Meatball sub, sesame seed bun, cubed potato, italian blend veggie, yogurt with fruit, milk	3 Vegetable soup, grilled cheese with wheat bread, cinnamon bun, apple juice, milk
6 Smothered chicken, roasted red potato, spinach, brownie, apple juice, wheat bread, milk	7 Beef & Macaroni soup, cinnamon bun, apple juice, wheat roll, milk	8 Roast pork & gravy, sweet mashed potato, brussel sprout, apricots, wheat bread, milk	9 Chicken & biscuits, mashed potato, green beans, yogurt parfait, milk	10 Fish on a wheat bun, bow tie pasta, broccoli, fruit cocktail, tartar sauce, milk
13 Hawaiian ham, sweet potato, mixed veggies, mandarin orange, salad, wheat bread, milk	14 Chicken fajitas, rice, strawberries with fruit dip, milk	15 Meatloaf, mashed potato, corn, pumpkin pecan crisp, wheat bread, milk	16 Corn beef & cabbage, red potatoes, carrots, green cake or green angel food cake, apple juice, wheat bread, milk	17 Macaroni & cheese, beets, tapioca pudding, wheat bread, milk
20 Shepard's pie, broccoli & cauliflower, cherry crisp, wheat bread, milk	21 Turkey, gravy, mashed potato, squash, apple pie, wheat bread, apple juice, milk	22 Roast pork with honey mustard sauce, sweet mashed potato, cali blend, fruit salad, wheat bread, milk	23 BBQ chicken, roasted potatoes, coleslaw, junkyard salad, wheat roll, milk	24 Corn chowder, egg salad, cherry crisp, wheat roll, milk
27 Beef stew, wheat roll, strawberry crisp, milk	28 Philly steak, macaroni salad, spinach, rice crispy treat, apple juice, wheat hamburger bun, milk	29 Meatball sub, sesame seed bun, cube potato, italian blend veggie, yogurt & fruit, milk	30 Cheeseburger on a wheat bun, lettuce & tomato, rice, broccoli, ambrosia salad, milk	31 Baked haddock, egg noodles, broccoli, coconut cream bars, banana, wheat bread, milk

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April Menu

ACAP Nutrition Menu- Menu subject to change without notice

3 Lasagna, italian veggie, oatmeal cookie, orange juice, garlic bread, milk	4 Chicken w/ gravy, mashed potato, green beans, yogurt parfait, biscuit, milk	5 Spanish rice with green pepper, grapes, wheat bread, milk	6 *Easter Meal*  Hawaiian ham, sweet potato, mixed veggie, fruit salad, wheat bread, milk	7 Shrimp Alfredo w/ fettuccini pasta, broccoli, banana, wheat bread, milk
10 Meatloaf, mashed potatoes, brussel sprouts, apple juice, pumpkin pecan crisp, wheat bread, milk	11 Roast pork w/ honey mustard, sweet potato, california blend, fruit salad, wheat bread, milk	12 Smothered chicken, red roasted potatoes, spinach, brownie, apple juice, wheat bread, milk	13 Spaghetti w/ meat sauce, tossed salad, garlic bread, yogurt parfait, milk	14 Salmon, rice, asparagus, strawberry with fruit dip, wheat bread, milk
17 Cube steak w/ mushroom gravy, roasted potatoes, capri veggie, apple sauce, wheat bread, milk	18 Turkey w/ gravy, mashed potato, butternut squash, apple pie, wheat bread, milk	19 Chicken Salad, lettuce & tomato, wheat burger bun, potato salad, honeydew melon, milk	20 Michigan hot dog, sweet potato tots, coleslaw, pineapple tidbits, wheat hot dog bun, milk	21 Baked haddock w/ pineapple salsa, sweet potato salad, yellow squash, yogurt parfait, wheat bread, milk
24 Chicken ala king, egg noodle, spinach, can peaches, wheat dinner roll, milk	25 Baby back ribs, mashed potatoes, squash, apple crisp, wheat roll, milk	26 Taco salad, banana, wheat bread, milk	27 Baked ziti, mixed veggies, cottage cheese with fruit, wheat bread, milk	28 Philly cheese steak, macaroni salad, spinach, rice crispy treat, apple juice, wheat burger bun, milk

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MAY MENU

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1 Lasagna, italian veggie, oatmeal cookie, orange juice, garlic bread, milk	2 Chicken w/ gravy, mashed potato, green beans, yogurt parfait, biscuit, milk	3 Spanish rice with green pepper, grapes, wheat bread, milk	4 Hawaiian ham, sweet potato, mixed veggie, fruit salad, wheat bread, milk	5 Shrimp Alfredo w/ fettuccini pasta, broccoli, banana, wheat bread, milk
8 Meatloaf, mashed potatoes, brussel sprouts, apple juice, pumpkin pecan crisp, wheat bread, milk	9 Roast pork w/ honey mustard, California blend, fruit salad, wheat bread, milk	10 Smothered chicken, red roasted potatoes, spinach, brownie, apple juice, wheat bread, milk	11 *Mother's Day Meal* Asparagus wrapped in turkey & cheese, mashed potato, strawberry cake, milk	12 Salmon, rice, asparagus, strawberry with fruit dip, wheat bread, milk
15 Cube steak w/ mushroom gravy, roasted potatoes, capri veggie, apple sauce, wheat bread, milk	16 Turkey w/ gravy, mashed potato, butternut squash, apple pie, wheat bread, milk	17 Chicken Salad, lettuce & tomato, wheat burger bun, potato salad, honeydew melon, milk	18 Michigan hot dog, sweet potato tots, coleslaw, pineapple tidbits, wheat hot dog bun, milk	19 Baked haddock w/ pineapple salsa, sweet potato salad, yellow squash, yogurt parfait, wheat bread, milk
22 Chicken ala king, egg noodle, spinach, can peaches, wheat dinner roll, milk	23 Baby back ribs, mashed potatoes, squash, apple crisp, wheat roll, milk	24 Taco salad, banana, wheat bread, milk	25 Baked ziti, mixed veggies, cottage cheese with fruit, wheat bread, milk	26 Philly cheese steak, macaroni salad, spinach, rice crispy treat, apple juice, wheat burger bun, milk
29 -Closed- Hamburger, beans & veggies *** HAPPY *** MEMORIAL <i>Day</i>	30 Lasagna, italian veggie, oatmeal cookie, orange juice, garlic bread, milk	31 Chicken & gravy, mashed potato, green beans, yogurt parfait, biscuit, milk		


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JUNE MENU

ACAP Nutrition Menu- Menu subject to change without notice

			1 Spanish rice with green pepper, grapes, wheat bread, milk	2 Hawaiian ham, sweet potato, mixed veggie, fruit salad, wheat bread, milk
5 Kitchen Closed-Meeting Shrimp Alfredo w/ fettuccini pasta, broccoli, banana, wheat bread, milk	6 Meatloaf, mashed potatoes, brussel sprouts, apple juice, pumpkin pecan crisp, wheat bread, milk	7 Roast pork w/ honey mustard, California blend, fruit salad, wheat bread, milk	8 Smothered chicken, red potatoes, spinach, brownie, apple juice, wheat bread, milk	9 Spaghetti with meat sauce, tossed salad, garlic bread, yogurt parfait, milk
12 Cube steak w/ mushroom gravy, roasted potatoes, capri veggie, apple sauce, wheat bread, milk	13 Salmon, rice, asparagus, strawberry with fruit dip, wheat bread, milk	14 Turkey with gravy, mashed potato, butternut squash, apple pie, wheat bread, milk	15 Father's Day Meal Baby back ribs, mash potato, squash, boston creme pie, wheat bread, milk	16 Michigan hot dog, sweet potato tots, coleslaw, pineapple tidbits, wheat hot dog bun, milk
19 Closed-Happy Juneteenth! Baked haddock w/pineapple salsa, sweet potato, yellow squash	20 Chicken ala king, egg noodle, spinach, can peaches, wheat roll, milk	21 Chicken salad, lettuce & tomato, wheat bun, potato salad, honeydew melon, milk	22 Taco salad, banana, wheat bread, milk	23 Baked ziti, mixed veggies, cottage cheese with fruit, wheat bread, milk
26 Philly cheese steak, macaroni salad, spinach, rice crispy treat, apple juice, wheat bun, milk	27 Cheeseburger, lettuce & tomato, wheat bun, red roasted potato, brownie, apple juice, milk	28 Lasagna, italian vegetable, oatmeal cookie, orange juice, garlic bread, milk	29 Chicken with gravy, mashed potato, green beans, yogurt parfait, biscuit, milk	30 Spanish rice with green pepper, grapes, wheat bread, milk

JULY MENU

3 Macaroni & cheese, bacon, broccoli, grapes, sugar cookie, wheat bread, milk	4 -CLOSED- BBQ chicken, sweet potato, zucchini 4TH  OF JULY	5 Salmon, asparagus, rice, brownie, apple juice, wheat bread, milk	6 Chef salad, chocolate mousse, orange, wheat roll, milk	7 Spanish rice with green pepper, oatmeal cookie, banana, wheat bread, milk
10 Pork chop w/ gravy, roasted red potatoes, green beans, peanut butter cookie, pineapple tidbits, wheat bread, milk	11 Chicken parmesan, shell pasta with basil pesto, stewed tomatoes, fruit salad, wheat bread, milk	12 Meatloaf, mashed potato, baby carrots, pear halves, wheat bread, milk	13 Chicken caesar salad, garlic bread, apple crisp, milk	14 Sausage egg bake, spinach, yogurt parfait, wheat bread, milk
17 Turkey with gravy, mashed potato, brussel sprout, apple pie, grapes, wheat bread, milk	18 Michigan hot dog & bun, corn, mac salad, strawberries with fruit dip, milk	19 Pulled pork sandwich, wheat dinner roll, baked beans, coleslaw, peaches, vanilla pudding, milk	20 California chicken, salad, strawberries, wheat bread, milk	21 Baked haddock, sweet potato, broccoli, berries & cream, wheat bread, milk
24 Gazpacho, diced potato, applesauce, wheat bread, milk	25 Coconut crusted chicken, pasta salad, broccoli, blueberry crisp, wheat bread, milk	26 Chicken fajita, rice, chocolate chip cookie, cantaloupe, milk	27 Tuna salad with tomato, wheat bread, sliced cucumber, apricots, milk	28 Sausage & peppers, italian bread, sweet potato, strawberries, pineapple upside down cake, milk
31 Spaghetti & meatball, italian veggie, garlic bread, cottage cheese with fruit, milk				

AUGUST MENU

	1 Macaroni & Cheese, bacon, broccoli, grapes, sugar cookies, wheat bread, milk	2 Salmon, asparagus, rice, watermelon, brownie, wheat bread, milk	3 Michigan hot dog on a bun, corn, mac salad, strawberries with fruit dip, milk	4 Chef salad, chocolate mousse, orange, wheat roll, milk
7 Spanish rice with green pepper, oatmeal cookie, banana, wheat bread, milk	8 Pork chop w/ gravy, roasted red potato, green beans, PB cookie, pineapple tidbits, wheat bread, milk	9 Chicken parmesan, shell pasta w/ basil pesto, stewed tomatoes, fruit salad, wheat bread, milk	10 Meatloaf, mashed potato, baby carrots, pear halves, wheat bread, milk	11 Chicken caesar salad, garlic bread, apple crisp, milk
14 Sausage egg bake, spinach, yogurt parfait, wheat bread, milk	15 Turkey w/ gravy, mashed potato, brussel sprout, apple pie, grapes, wheat bread, milk	16 BBQ chicken, sweet potato, zucchini, watermelon, tapioca pudding, wheat bread, milk	17 Pulled pork w/ wheat dinner roll, baked beans, coleslaw, peaches, vanilla pudding, milk	18 California chicken, salad, strawberries, wheat bread, milk
21 Baked haddock, sweet potato, broccoli, berries & cream, wheat bread, milk	22 Gazpacho, diced potato, applesauce, wheat bread, milk	23 Coconut crusted chicken, pasta salad, broccoli, blueberry crisp, wheat bread, milk	24 Chicken fajita, rice, chocolate chip cookie, cantaloupe, milk	25 Tuna salad with tomato, wheat bread, sliced cucumber, apricots, milk
28 Sausage & peppers, italian bread, sweet potato, strawberries, pineapple upside down cake, milk	29 Spaghetti & meatball, italian veggie, garlic bread, cottage cheese w/ fruit, milk	30 Macaroni & cheese, bacon, grapes, sugar cookies, wheat bread, milk	31 Salmon, asparagus, rice, brownie, watermelon, wheat bread, milk	

Menu subject to change without notice