

THETFORD SENIOR CENTER

MAY 2024

11495 NORTH CENTER ROAD

CLIO, MI * 48420

(810) 686-0630



“Name your Price” Rummage Sale & Blooms and Crafts Plant Swap & Craft Show

Saturday May 18th from 9am-5pm & Sunday May 19th from 10am-4pm

Our annual “Name Your Price” Rummage Sale will be located inside the Thetford Township Hall. Items will not be marked, you just make a donation!

The Blooms & Crafts Plant Swap and Craft Show will be located at the township pavilion. Bring a plant, Take a plant! You can shop with various craft vendors as well. Plant swap and craft show will be held 10am-4pm on Saturday and 11am-4pm on Sunday.

ACCEPTING DONATIONS FOR RUMMAGE SALE ON FRIDAY, MAY 17TH FROM 9AM-4PM. VOLUNTEER OPPORTUNITIES ARE ALSO AVAILABLE!

Clio High School Robotics Team 5533 will be hosting their own Bake Sale too!! Come support their endeavors!

Senior Center Staff:

Director- Shannon Kline
Assistant Director- April Greanya
Bus Driver- Bob Myers
Kitchen- Lisa Lupien

Hours of Operation:

Monday through Friday: 8am-4pm
Thursday: 8am-9pm
Closed Monday, May 27th in Observance of Memorial Day

Shows, Trips and More!

Check out our 2024 Thetford Senior Center Trips & More!

Grocery Shopping Trip - Wednesday, May 8th @ 9:30am - for homebound seniors in the Clio area. Call us to schedule a reservation and we will take you to Walmart, Meijer OR Vg's for some groceries.

Mystery Dinner - Monday, May 20th @ 4:30pm - Hop on our bus and we will take you to a Mystery Location for dinner. Transportation is free; you pay for your own meal.

Senior Power Day - Wednesday May 22nd at Crossroads Village - 9 am - 2 pm - Tickets are available at the center for \$5.00. Our senior center bus will be available for seniors that would like a ride to Crossroads Village. Bus will leave the center at 8:45 am and return approximately 2:15 pm. Seating is limited to 14.

Quilters Shop Hop - Wednesday, June 5th - Our 14 passenger bus will leave the center around 9 am and return following the completion of the trip. Quilt shop stops to include Speedy Sew Sewing Center in Saginaw, Dragonfly Quilt and Yarn Studio and Bonnie's Sewing Center in Bay City, lunch stop at the Turkey Roost in Kawkawlin, Bittersweet Quilt Shop in Pinconning, Diamonds in the Rough Quilt Shop in Pinconning, and finally the Creative Passions Quilt Shop in Chesaning. Cost for transportation is \$5.00 and you pay for your lunch. Seating is limited to 14 so sign up today!

Horrocks Lansing - Wednesday, June 12th - Bob is taking us to Horrock's for a day of shopping fun! Bus will leave the center at 9:30 am and return approximately 3:30 pm. Bus trip is free to Genesee County residents and \$5.00 to those outside of Genesee County. Seating is limited to 14 so sign up today!

Great Lakes Loons vs. Quad Cities River Bandits at Dow Diamond Tuesday - June 18th - ONLY \$17.00! Leave the center at 11:00 am Game time 1:05 pm. Return immediately after the game. Dow Diamond is a cashless ballpark. Please make sure you have a debit or credit card if you wish to purchase anything at the park. We will be taking the Thetford Senior Center bus; seating is limited to 14. Must be paid in full to reserve your seat. Call us at the center at (820)686-0630 for further details or questions!

Turkeyville presents "Escanaba in da Moonlight" - Wednesday, July 17th - Cost is \$60 per person. Dinner will be a Turkey buffet-style luncheon included; Lunch at 12pm show at 2pm. Seating is limited on our 14 passenger bus so don't wait to sign up for this one. 35 year-old Reuben Soady is the oldest of the clan at the family's U.P. deer camp to never bag a buck. Enjoy the hilarity, humor, horror and heart as he goes to any and all lengths to restore his reputation in this Jeff Daniels classic. **Payment due by June 1st.**

Legends of Classic Country - Johnny Cash and Friends at Zehnders - Wednesday, October 16th
Only \$60! Includes a 2-piece chicken luncheon and show. Experience a musical journey like no other with the "Legends of Classic Country". This isn't just any show; it's a heartfelt tribute to the iconic sounds of country music's golden era. Come join this award-winning ensemble of stellar musicians as they delve deep into the soul-stirring classic country catalogs of legends like Johnny Cash, Merle Haggard, Willie Nelson and MANY more. The Thetford Senior Center bus will depart the center at 11:00 am and return immediately after the show. **Deadline to sign up is August 16th** and payment must be paid in full to reserve your seat.

The Prolifics present: A Motown Christmas at Zehnders - Wednesday, December 4th
Cost is \$60 per person and includes a 2-piece chicken luncheon and show! The music, the moves and the audience interaction make for a memorable entertaining experience. The Thetford Senior Center bus will depart the center at 11:00 am and return immediately after the show. **Deadline to sign up is September 27th** and payment must be paid in full to reserve your seat.

Activities at Thetford Senior Center May 2024

BALANCE & TONE: (Fridays at 9 am) Join our fabulous instructor Darci as she works with you to help improve your balance, gently stretch your upper body, and gain back your confidence. Spend part of the class standing and part using a chair; work at your own pace. FREE

BASKET WEAVING: (Thursdays at 1 pm) Bring your own projects and supplies; weave and share patterns and ideas with others that share the same interest. Starter kit provided for new participants; sign up needed. FREE

BIBLE STUDY: (Tuesdays from 10 am-11am) An open, non-denominational study of the scriptures in a dialogue format.

BINGO: (Tuesdays from 12:30pm-2:00pm) Play 9 games (5 regular games; 4 special games) plus a coverall. Buy one book for \$1.00 (paper cards). You may buy as many cards as you can play. All money collected is distributed as prizes. Regular Bingo wins \$1.00, special Bingo wins \$2.00 and the coverall wins the remaining money collected (not to exceed \$25)

CARD MAKING: (Last Wednesday at 2 pm) All supplies included to make two cards; themes vary. Must sign up. \$5.00.

CRIBBAGE: (Tuesdays and Fridays at 10 am) Keep your mind sharp by playing Cribbage with others that love the game.

DRUMS ALIVE: (Wednesdays 1:30-2:30pm) FREE! An interactive, upbeat routine to music. Equipment supplied to first 14.

EUCHRE: (Mondays from 1 pm - 4 pm & Thursday from 6:00pm -9:00pm) Pay a \$2.00 entry fee plus 10¢ per euchre. Pay an extra \$1.00 to enter the optional "Lone Hand Jackpot". We play 10 games, prizes are paid to 1st, 2nd and 3rd place winners. Prize money is a 50%, 30%, 20% split of the entry fees collected. The person with the most lone hands after 10 games will win the "Lone Hand Jackpot". The "euchres" money is divided evenly amongst the number of tables that play.

FLOOR YOGA: (Mondays from 10-11am) Yoga offers physical and mental health benefits for people of all ages. Yoga improves strength, balance & flexibility, helps with back pain relief, can ease arthritis symptoms, benefits heart health, helps you manage stress and can help with more energy and brighter moods. Bring your own mat. FREE

HAND, KNEE & FOOT or SAMBA: (Thursdays at 12:30pm) A variation of "Canasta" for four players to play in partnerships. Each player has three sets of cards (the Hand, Knee and the Foot) they must play before going out. FREE

MEXICAN TRAIN DOMINOES: (Wednesdays at 1pm) A fun, easy to learn game played with multiple players. We play with a double 12 set of Dominoes and play by the same rules as the "Senior Winter Games". FREE

MYSTERY DINNER: (3rd Monday at 4:30pm) Join us for a fun filled evening at a mystery location. You pay for your meal, bus ride is free to those in Genesee County. FREE

OPEN WIRE BEADING: (2nd Tuesday at 2pm) An opportunity to share patterns, exchange beads, meet new friends and make jewelry together. FREE

POKER: (Tuesdays & Fridays at 1pm) Dealer's choice; nickel ante; 3 raise maximum. Cost: \$4.00

SCRABBLE ON THE RUN: Interactive version of Scrabble; highest scoring word at the end of the game wins a prize!

SEWING CLUB: (Mondays at 8:30am) Bring your own projects and use one of the center's 10 Janome sewing machines. FREE

SHANGHAI RUMMY: (Fridays at 1pm) Each player pays 50¢ to play which will make up the "Jackpot". A game consists of 7 hands; each one requiring a different sequence of cards. For example; the first hand you have to acquire two "Sets of 3", the second hand you need one "Set of 3" and one "Run of 4"; with each hand becoming more difficult. You may "Buy" up to three extra cards per hand; however, each "Buy" will cost 10¢. The player that goes out will win the dimes for that hand. The player with the lowest overall score at the end of the seventh hand will win the Jackpot money. COST: up to \$2.60.

STITCHED BEADING: (1st Tuesday at 2pm) An advanced beading class requiring you to follow a pattern to stitch a bracelet. A pattern will be provided; you must call ahead to get the supplies list and provide your own beads. FREE

TOPS: (Wednesdays 9:10am-11am) Taking Pounds Off Sensibly; annual fee \$49, \$5 per month. Weigh-ins at 9:10 followed by meeting from 10:00am - 11:00am.

WATER COLOR PAINTING: (3rd Thursday at 9:30am) Karen from the Clio Center for the Arts will teach you how to create a beautiful painting using water color paints. You will learn many different Water Color techniques that will help bring your painting to life. All supplies are included. Some examples are displayed at the center. Only \$5.00; you MUST sign up.

WOOD CARVING: (Thursdays at 9:00am) Bring your tools and learn to carve with John Wahlers. This is a free group!

WII BOWLING LEAGUE: (Fridays at 10 am) Join a Wii Bowling League at the center on Friday mornings from 10am until noon. Come on in and give it a try. It is great exercise and no ball is too heavy!! FREE

ZUMBA GOLD: (Mondays 12:45pm-1:45pm) Music and movements that will improve endurance, posture, coordination, help prevent age-related bone loss, improve mood and overall sense of wellness. FREE



SENIOR MILLAGE RENEWAL INFO

What: The Senior Services Millage is up for a 10-year **renewal**. This is a **renewal** at the current rate (.6852), **not an increase**. The millage provides funds to Genesee County's 16 senior centers as well as a whole host of other services for seniors including:

- In-home personal care/ homemaking services
- Home-delivered meals
- Legal Services
- Adult Day Care
- Elder Abuse and Exploitation Prevention
- Medical Transportation with Liaison Services
- Lawn Care
- Visual and Hearing Impaired Services
- Ramp Construction



When: August 6, 2024 (Primary Election)

For the average homeowner in Genesee County, the cost of the renewal will remain at just \$4 per month.*

A 'Yes' Vote Means: You want to continue funding the programs and services listed above using the Senior Services Millage.
A 'No' Vote Means: You do not want to continue funding the programs and services listed above using the Senior Services Millage.

For more information, contact Lynn Radzilowski at (810) 424-4478 or by email at AllSeniorServices@geneseecountymi.gov

* Based on the average taxable value of properties in Genesee County in 2023.



Line Dancing!

Line Dancing is coming to Thetford Senior Center! On Fridays from 10-11am, Katie will be teaching for a drop in fee of \$3.00. This class will start from the basics and get you moving to all kinds of fantastic music from around the world! The physical and cognitive benefits of line dancing will help keep you healthier as you age; it improves agility, helps with both balance and coordination, increases flexibility, stability and endurance. Memorizing steps improves neural connectivity, increasing the number of connections within the brain, by using multiple brain functions at the same time! Line dancing is great for you AND it's a ton of fun so come join us!!



Class will take place at the township hall unless otherwise stated.

Mexican Train Dominoes

A fun, easy to learn game played with multiple players. We play with a double 12 set of dominoes.
WEDNESDAYS AT 1:00PM



Interested in learning Woodcarving? Classes begin Thursday, May 2nd from 9 am-11 am. This class is FREE; however, you will need to purchase a starter kit. You can find a nice kit on Amazon for only \$25.95. Call the center at 810-686-0630 for more information or to sign up!

Scavenger Hunt

Northern Tier Scavenger Hunt

Wednesday, July 24th

(Rain Date: July 31st)

Cost: \$13.00 - Dinner is Provided

Get a team together of up to four people and find your way around the Northern Tier of Genesee County collecting items & solving riddles to complete tasks from each senior center and the surrounding communities. PRIZES will be awarded for 1st, 2nd, & 3rd place! You will begin your hunt at Forest Township Senior Center to meet up with the other contestants and complete some clues before you start off on another task. You must provide your own transportation and camera. (digital or cellphone)

Deadline to sign up is **July 12th** so sign up soon!



SENIOR POWER DAY 2024

**Wednesday, May 22nd
 9:00am-2:00pm
 At Crossroads Village
 Tickets only \$5.00!**

Senior Power Day is an annual "information and entertainment" event. VAAA continues to host Senior Power Day in recognition of Older Americans Month. Tickets include lunch, train ride, resources and Legislative updates that affect seniors and caregivers. Make a reservation to ride our bus there and back!

Scrabble on the Run!

Kathy Rude was our May winner with a high word score of 47! Congrats, Kathy!

Tech Talk with April!

Available by appointment on Mondays from 10am-3pm. Get help with your phone or laptop, smartwatch and more. Call to schedule an appointment.



We are offering a CPR/ AED & First Aid class on Monday,

June 10th from 4pm-8pm.

Class will include infant/child CPR as well. Must have 6 participants to hold class, may not exceed 9 in class.

Cost is \$62.00

Please make checks payable to Alex Boros

DO YOU HAVE CONCERNS ABOUT FALLING?

If so, sign up for this award-winning program!

“A MATTER OF BALANCE”

emphasizes practical strategies to manage falls.

IN THIS CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Cost for the participant manual is \$10.00.

CLASS DATES:

12:30pm—2:30pm

Tuesday, July 16th

Tuesday, July 23rd

Tuesday, July 30th

Tuesday, August 6th

Tuesday, August 13th

Tuesday, August 20th

Tuesday, August 27th

Space is limited.

GCCARD FOOD COMMODITIES

THETFORD SENIOR CENTER IS A COMMODITY DISTRIBUTION/ PICK UP SITE. GCCARD DELIVERS COMMODITIES MONTHLY . THE COMMODITY PROGRAM REQUIRES MEETING FINANCIAL GUIDELINES. YOU MUST PRE-REGISTER AND BE PROCESSED IN ADVANCE TO PARTICIPATE.

**MAY PICK-UP:
WEDNESDAY, MAY 15TH
FROM 8AM-4PM**

Mi Cafe

If you are in need of food assistance our MMAP counselor Cindi Groulx may be able to assist you. For everyone 60 and up or disabled, the maximum monthly allowable income to apply for a Bridge Card is \$2266 for a household of one and \$3052 for a household of two. Medical, shelter, and phone expenses are then deducted. Proof of income will need to be provided. A Bridge Card will be issued if the monthly residual income is \$1870 (1) or \$2520 (2) or less.

At \$1870/\$2520 the cards value will only be \$23. The lower the residual income the higher the food benefit. The maximum monthly benefit is \$281 for 1 person and \$516 for 2 people.

APPOINTMENTS AVAILABLE ON THURSDAYS BETWEEN 9AM-3PM

LOAN CLOSET

Through our loan closet program we are fortunate enough to offer many medical supplies and equipment for those in need.

We have items such as wheelchairs, shower chairs, transfer benches, bedside commodes, crutches, and walkers for you to borrow. We also have some adult diapers and supplies.

We only ask that you fill out our waiver to borrow items, and bring items back to us when you're done.

LEGAL SERVICES OF EASTERN MICHIGAN

Wednesday, May 8th from 1:00pm—2:30pm by appointment

LSEM focuses on “survival issues” - those which affect a person’s ability to obtain the basic necessities of life or which affect fundamental interests.

Some examples are:

ABUSE & NEGLECT - Physical & Emotional, Financial Exploitation, Adult Foster Care Home & Nursing Home, Unwarranted Guardianships

CONSUMER ISSUES - Collection Settlements, Dunning Letters to Creditors, Objections to Garnishments

ESTATE PLANNING - Simple Wills, Deeds, Financial & Health Care Power of Attorneys

HOUSING - Evictions, Foreclosures and Utilities, Repair Problems in Rental Housing, Tenants Rights in Subsidized Housing

PUBLIC BENEFITS - Social Security, Medicaid/Medicare, Nutrition Assistance, Supplemental Security Income, Other Health Care/ Health Insurance Issues

This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.



Genesee County Department of Veterans Services

Services include:

Disability compensation, pension benefits, federal burial benefits, VA home loans, and additional benefits such as county burial benefits, emergency need grant applications, PTSD counseling, legal services, and transportation.

Call to make an appointment today!

MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)

If you have questions or would like to make changes to your current plan or you are aging in and need to sign up, call to make an appointment any Thursday of the month with our MMAP Counselor, Cindi Groulx

Cindi will help you with:

- *Understanding costs and coverages
- *Comparing Options
- *Completing the enrollment process

* Mi Café information regarding food assistance and help

MAY

****INDICATES BY APPOINTMENT ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	2 9:00-3:00 MMAP Counseling** 9:00 Woodcarving 10:00 Learning Kitchen 12:00 Lunch 12:30 Hand, Knee & Foot/ Samba 1:00 Basket weaving 6:00 PM Euchre	3 9:00 Balance & Tone 10:00 Cribbage 10:00 Line Dancing 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
6 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	7 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker 2:00 Stitched Beading	8 9:00 TOPS Meeting 9:30 Grocery Shopping 12:00 Lunch 1:00 Legal Services 1:00 Mexican Train Dominoes 1:30 Drums Alive!	9 9:00-3:00 MMAP Counseling** 9:00 Woodcarving 10:00 Learning Kitchen 12:00 Lunch 12:30 Hand, Knee & Foot/ Samba 1:00 Basket weaving 6:00 PM Euchre	10 9:00 Balance & Tone 10:00 Cribbage 10:00 Line Dancing 10:00 Wii Bowling 11:00 Bob Seger Tribute @Zehnders 12:00 Lunch 1:00 Poker 1:00 Shanghai
13 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	14 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker 2:00 Open Wire Beading	15 6:00 Spring Casino Trip 8:00 Food Commodities 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	16 9:00-3:00 MMAP Counseling** 9:00 Woodcarving 9:30 Water Color Paint 12:00 Lunch 12:30 Hand, Knee & Foot/ Samba 1:00 Basket weaving 6:00 PM Euchre	17 9:00 Balance & Tone 10:00 Cribbage 10:00 Line Dancing 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai Accepting donations for sale 9am-4pm
20 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre 4:30 Mystery Dinner	21 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	22 8:45 Senior Power Day 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	23 9:00-3:00 MMAP Counseling** 9:00 Woodcarving 12:00 Lunch 12:30 Hand, Knee & Foot/ Samba 1:00 Basket weaving 6:00 PM Euchre	24 9:00 Balance & Tone 10:00 Cribbage 10:00 Line Dancing 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
27 CLOSED FOR MEMORIAL DAY	28 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	29 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive! 2:00 Card Making	30 9:00-3:00 MMAP Counseling** 9:00 Woodcarving 12:00 Lunch 12:30 Hand, Knee & Foot/ Samba 1:00 Basket weaving 6:00 PM Euchre	

Lisa's Lunches are now Monday through Friday!

Lisa's Lunch is \$5.00 and require sign up the day before by noon.

You may also sign up ahead of time by signing up for the week or month.

If less than 5 patrons sign up for lunch, we may change the lunch being served.

Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>1 Lisa's Lunch</u> Scalloped Ham & Potatoes Tossed Salad Fruit 100% Fruit Juice or Milk</p>	<p><u>2 Lisa's Lunch</u> Chicken Bacon Ranch on Pita Chips Pickle Fruit 100% Fruit Juice or Milk</p>	<p><u>3 Lisa's Lunch</u> Coney Dogs Macaroni Salad Fruit 100% Fruit Juice or Milk</p>
<p><u>6 Lisa's Lunch</u> Strawberry Belgian Waffles Bacon Sausage 100% Fruit Juice or Milk</p>	<p><u>7 Lisa's Lunch</u> Michigan Cherry Salad Fresh Bread Fruit 100% Fruit Juice or Milk</p>	<p><u>8 Lisa's Lunch</u> Smoked Sausage Fried Potatoes Carrots Applesauce 100% Fruit Juice or Milk</p>	<p><u>9 Lisa's Lunch</u> Spaghetti Tossed Salad Fruit 100% Fruit Juice or Milk</p>	<p><u>10 Lisa's Lunch</u> Grilled Chicken Salad Fresh Bread Fruit 100% Fruit Juice or Milk</p>
<p><u>13 Lisa's Lunch</u> Chicken Divine w/ Broccoli Carrots Fruit 100% Fruit Juice or Milk</p>	<p><u>14 Lisa's Lunch</u> BLT Broccoli & Cauliflower Salad Fruit 100% Fruit Juice or Milk</p>	<p><u>15 Lisa's Lunch</u> Turkey Wrap w/avocado, tomato, & lettuce Chips Fruit 100% Fruit Juice or Milk</p>	<p><u>16 Lisa's Lunch</u> Pizza Day</p>	<p><u>17 Lisa's Lunch</u> Sloppy Joes Fries Mixed Veggies Fruit 100% Fruit Juice or Milk</p>
<p><u>20 Lisa's Lunch</u> Pancakes Scrambled Eggs Sausage Bacon Fruit 100% Fruit Juice or Milk</p>	<p><u>21 Lisa's Lunch</u> Taco Bake Salad Fruit 100% Fruit Juice or Milk</p>	<p><u>22 Lisa's Lunch</u> Grilled Ham & Cheese Vegetable Soup Fruit 100% Fruit Juice or Milk</p>	<p><u>23 Lisa's Lunch</u> Chicken Salad on Croissant Chips Cottage Cheese Fruit 100% Fruit Juice or Milk</p>	<p><u>24 Lisa's Lunch</u> Patty Melt Crinkle Fries Pickle Fruit 100% Fruit Juice or Milk</p>
<p><u>27 Lisa's Lunch</u> CLOSED FOR MEMORIAL DAY</p>	<p><u>28 Lisa's Lunch</u> Club Sandwich Chips Pickle Fruit 100% Fruit Juice or Milk</p>	<p><u>29 Lisa's Lunch</u> BBQ Chicken Breast Baked Potato Green Beans Fruit 100% Fruit Juice or Milk</p>	<p><u>30 Lisa's Lunch</u> Turkey Sub Chips Cottage Cheese Fruit 100% Fruit Juice or Milk</p>	<p><u>31 Lisa's Lunch</u> Chef's Salad Fresh Bread Fruit 100% Fruit Juice or Milk</p>