

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hello all!

Hope everyone had a wonderful summer and are looking forward to a change of season and fall, which is right around the corner (officially September 22nd).

First off, we would like to again thank all those who participated and wished Mr. David Keys a happy 100th birthday last month!

Also, thank you to Marlene Sena with Humana for sponsoring our Senior Citizen Day Pie Social and thank you to the FOBC for serving. Close to 90 members attended, ate some delicious pie and ice cream and a few won door prizes!

As we continue to fall forward, be on the lookout for the following this month!

- Just as a reminder, the center will be closed on Monday September 5th for Labor Day.
- September 7th and 8th is the annual Aging and Long Term Services “Virtual” Conference on Aging in which 3 centers will host viewing parties for those interested. This is a free event that will have some great information.
- Come visit with DSA Director Anna Sanchez for “Coffee w/ Constituents” on Tuesday September 13th @ 9:30!
- A Blue Cross Blue Shield Care Van event will take place September 28th @ North Domingo Baca Multigenerational Center.

For more information on these and upcoming and unique senior day trips check further in our newsletter! Have a wonderful September!

Respectfully,  
Tyler Dunn

**Center Hours**

M-W: 8a-5p      Sat: 9a - 3p  
Th: 8a-9p        Sun: Closed  
F: 8a-5p

**Dates to Remember**

- Sept 5      Closed for Labor Day
- Sept 9      Movie Matinee
- Sept 10     Food Drive last day
- Sept 12     Out to Dinner
- Sept 13     Coffee with Constituents
- Sept 14     La Fonda on the Plaza Trip
- Sept 15     Lunch Bunch  
FOBC Mister Car Wash sale
- Sept 16     Special Luncheon
- Sept 19     Il Vicino fundraiser
- Sept 23     Vaccine Clinic 1-4pm
- Sept 28     Turquoise Museum Trip
- Sept 30     Bold Beginners Piano Recital

**Announcements**

Table Tennis will not meet on Sept 23  
No Painting with Suki in September  
See additional trips- Oct, Nov & Dec

Accredited by   
National Institute of  
Senior Centers



## Department of Senior Affairs

### NOTE FROM ANNA



Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide. I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance through our home services department.
- 38,944 transportation rides for older adults through our senior transportation services.
- 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
- 293,103 community members that participated in socialization programming through senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs

---

## GENERAL INFORMATION & ASSISTANCE

### SUGGESTION BOX

Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

- **Just got new activity catalog. There is no card games listed for the city.**

Yes, we are aware and apologize that there were some activities all across the department that were not featured in this current Senior Affairs activities catalog for one reason or another. However, we will be sure to express such concerns and recommend a larger catalog that is full of as many of the activities as possible for the next.

- **Suggest you raise the table for the microwave in breakfast room. Currently I have to get on my knees to use it.**

Thank you, we will look into further and see if there is another option that might make the microwave easier to access.

- **Fire drill**

This is a great suggestion. Safety is top priority of the City and it is important for all staff, volunteers to be aware of the procedures during such events. We will plan some periodically and sporadically in the future to practice in the case of when a real emergency happens.

Continued next column

- **Movie: News of the World (Tom Hanks movie filmed in New Mexico)**

Thank you for the recommendation! We will look into this and how we might be able to show in the future!



Teeniors\* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching.

First Friday of each month  
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

---

### DRIVER SAFETY CLASSES

First Saturday of the month 9:30a-1:30p  
Third Thursday of the month 12:00p-4:00p

Cost: AARP members \$20  
non-members \$25

Call 505-767-5959 to register.



## Department of Senior Affairs

### PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

**In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:**

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

**Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.**

### CITY OF ALBUQUERQUE



**Mayor Timothy M. Keller**

### Department of Senior Affairs

Anna M. Sanchez, Director

Chris Sanchez, Associate Director

### Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager

Ya Vette Bailey, Program  
Coordinator

Brenda Carroll, Office Assistant

Isaiah Barton, Program Assistant

Irene Gomez, Program Assistant

Ryan Espinda, Cook

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services



## PROGRAM HIGHLIGHTS

### FRIENDS OF BEAR CANYON NEWS

#### FOBC Spotlight

In the Spotlight for the month of August is Millie Martinez.

She was born and raised in Indiana. She has one sister, now retired, still living in Indiana. Millie's family moved to Albuquerque in 1976. She has two children, a daughter and a son. Her daughter has 4 very active sons and lives in Dallas, Texas, where Millie has attended several of their soccer games. Millie's son and his wife are here in Albuquerque. She is very happy to have them so close.

Millie retired from the University of New Mexico several years ago. As soon as she retired, she started volunteering at Bear Canyon's Friendship Coffee. That was in 1997. She joined the Bear Canyon Advisory Council, later renamed the "Friends of Bear Canyon." She was asked to organize lunch and dinner groups; see Lunch Bunch and Out to Dinner in this newsletter. She currently volunteers weekly as a receptionist at the front desk. She helped organize the Oso Canyon Art Fest several years and more recently served on the planning committee of the Bear Canyon Annual Raffle. She has been volunteering for approximately 23+ years.

Millie really enjoys our Senior Center. 'It is the best!' she states. One of Millie's favorite activities is sharing a tasty meal, happy times and good conversation with all of her Bear Canyon friends; new and old. She highly recommends that everyone try to participate in something new on a regular basis. Just stop by the front desk and ask for the activities list and select something that would interest you.

Millie's interests include reading, sports, cooking, movies and especially participating in anything that is happening at Bear Canyon Senior Center.

#### ===== FUNDRAISING =====

Tickets for the restaurant fundraisers will be available on the 7th of each month at the front desk.



#### SEPTEMBER FUNDRAISER

Monday, September 19

11 am - 9:00 pm

11225 Montgomery Blvd NE

505-271-0882

Many thanks to PAPA FELIPE'S for being our August Restaurant of the Month!

Thanks to Cinnamon Sugar & Spice Café for the \$170 donation in July. This represents 20% of the sum spent at the restaurant.

**Mister Car Wash**  
**It's that time again!**  
**Tickets go on sale September 15**  
**Good at any Mr Car Wash**  
**No Expiration date**

## CALENDAR OF ACTIVITIES

### COMPUTER ROOM INFORMATION



#### Windows User Group

Third Wednesday of the month  
1:30 pm to 3:30 pm  
Contact person: Harold Gottlieb  
Email: hbgottl2@q.com



#### Chromebook User Group

Fourth Wednesday of the month  
1:30 pm to 3:30 pm  
Contact person: Bill Miller  
Email: bearcanyonclasses@gmail.com



#### Apple Users

Drop In Assistance  
Mondays 9:00 am to 11:00 am  
Contact person: Jean Maka  
Email: huntgen@gmail.com



Open Lab - Monday, August 22nd

#### OPEN COMPUTER LAB

Monday, Wednesday, and Friday  
9:00–11:00 am  
iMac, PC, and iPad available

### HEALTH

#### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month  
8:30 a.m. to 12:00 p.m.  
In the Lobby

GEHM provides a wide variety of health services to help seniors achieve and maintain a high level of health and independence. UNM nursing and pharmacy students provide the services.

#### BLOOD PRESSURE SCREENING

Wednesdays

9:00 a.m. to 11:00 a.m.

Room 2

RN volunteers needed to perform the blood pressure screenings. If you are interested in volunteering, please contact Patricia at (505) 401-3529.



CALENDAR, INFORMATION & ASSISTANCE

**DSA ADVISORY COUNCIL**

Meet the Advisory Council  
Highland Senior Center  
**MONDAY, SEPT 26**

11:30 a.m. - Meet the Advisory Council  
Noon - Advisory Council Meeting

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 764-6469 for more information.

**V.F.W. POST 10763**

Post meetings are held at Bear Canyon the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

V.F.W. Post 10763 in partnership with the Friends of Bear Canyon is hosting a food drive to collect and donate food to Roadrunner Food Bank.

**Let's fill the pickup!**



**August 22 - September 10**

Bring your non-perishable food items to Bear Canyon Senior Center.

**NEW MEMBER ORIENTATION**

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

**MEMBERSHIP CARDS**

Membership Cards are required when purchasing meals and attending any activities at the center. Membership fee is \$20 per year and is valid at all Senior (50+) and Multigenerational centers.

**HANDOUTS AVAILABLE AT FRONT DESK**

- DSA Activity Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

**HELPFUL NUMBERS**

Department of Senior Affairs .....764-6400  
 City of Albuquerque General Info .....311  
 Non-emergency Police .....242-COPS (2677)  
 Emergencies .....911

## TRIPS, ACTIVITIES & PRESENTATIONS

### UPCOMING TRIPS

Space is limited.  
Sign up at the front desk.

#### Wed, Sept 14 - La Fonda on the Plaza Tour

Check in: 9:00 a.m. Guided Tour: 10:30 a.m.  
Cost: Free



### Interest List

#### Thurs, Sept 28 - Turquoise Museum

Check in: 10:30 a.m. Return: by 4:00 p.m.  
Cost: \$16 + tax + fees



#### Thurs, Oct 6 - Ahmyo Art Gallery & Wine Garden

Check in: 10:15 a.m. Return: 4:00 p.m.  
Cost: Free

#### Thurs, Nov 3 - Sculpture Garden

Check in: 9:00 a.m. Return: 3:00 p.m.  
Cost: Free

#### Thurs, Dec 8 - NM Governor's Mansion Tour

Check in: 9:00 a.m. Return: 3:00 p.m.  
Cost: Free

### OUT TO DINNER

#### Monday, Sept 12 at M'tucci's Bar Roma

3222 Central Ave SE (Nob Hill)

Check in: 4:45 p.m.

Return: 8:30 p.m.



### LUNCH BUNCH

#### Thursday, Sept 15 at

#### Sadie's Mexican Restaurant

5400 Academy Rd NE (East of San Mateo)

Check in: 10:45 a.m.

Return: 3:00 p.m.

Please sign up at the front desk and let us know if you'll be riding on the van or taking your own vehicle.

### UPCOMING PRESENTATIONS

Please sign up at the front desk so presenter knows how many to plan for.

---

#### The Conspiratologist

Tuesday, September 6

10:00 - 11:00 am Room 5 Norio Hayakawa

#### How Problem Gambling Affects the Family

Tuesday, September 13

9:00 - 9:30 am Room 5 Pam Olsen

#### The What's and Why's of Funeral Planning

Tuesday, September 20

10:00 - 11:00 am Room 5 Karla Barela Lucero

#### AARP SmartTEK Workshop

Tuesday, October 4

9:30 am - 11:00 am Room 5



## CALENDAR OF ACTIVITIES

### THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



Come on Thursdays for a whirl around the dance floor. Your current membership card and \$3 will get you in for an exciting evening of music and dancing.

- Sep 1 - Long Drink of Water
- Sep 8 - Roger Burns
- Sep 15 - Paul Pino
- Sep 22 - Desert Springs
- Sep 29 - Recorded



### FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

Friendship Coffee is a great opportunity to gather with old friends and make new ones while enjoying a cup of coffee and a morning treat. The event is free, thanks to the generosity of our sponsors and supporters.

Last month's sponsors:

- Aug 2 - MedCare
- Aug 9 - Edward Jones
- Aug 16 - Friends of BC
- Aug 23 - BCSC
- Aug 30 - MedCare



## Hawaiian Special Luncheon

Friday, September 16th  
At 11:30 am



Menu

- Pulled Hawaiian BBQ Chicken on Hawaiian Rolls
- Pineapple Coleslaw
- Hawaiian Baked Beans



Dessert Sponsored By:  
Senior Health Resource Center

Entertainment By:  
Desert Stars Polynesia

Membership and Reservations are Required  
Fee \$4.00 per person  
**No Refunds**



MARK WAHLBERG MEL GIBSON JACKI WEAVER

BASED ON THE INCREDIBLE TRUE STORY OF THE WORLD'S MOST UNLIKELY PRIEST

## FATHER STU

Movie Matinee

Friday, September 9 at 1:30 p.m.

Room 5

**SPECIAL AND OFF-SITE EVENTS**



**DAVID KEYS 100TH BIRTHDAY CELEBRATION**



**OFF SITE EVENTS**

Transportation is available  
Inquire at the front desk for details

**Blue Cross and Blue Shield  
of New Mexico Care Van**  
North Domingo Baca MGC  
Sept 28 9 am - 12 pm

**44th Annual Conference on Aging  
Watch Party**  
North Domingo Baca MGC  
North Valley SC  
Manzano Mesa MGC  
Sept 7-8

**October 11**  
**8 am - 1:30 pm**  
**Embassy Suites**  
**1000 Woodward PI NE**  
**(Lomas & I-25)**

## Breakfast and Lunch Menu

### Oso Canyon Café

#### **Breakfast Menu**

Served 8:00 a.m. to 9:00 a.m.  
Monday through Friday

Full Breakfast .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast .....	.75
1 egg, bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito .....	1.50
1 egg, bacon or sausage, hash browns (Chile optional)	

#### A-la-Carte

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Hot Cereal w/milk .....	.70
Side of Chile .....	.25

#### Waffle Wednesday:

Plain .....	1.00
With Strawberries & Cream .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Huevos Rancheros (Fridays) .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

#### **Lunch A-la-Carte**

Lunch is served from 11:30 a.m. to 1 p.m.

**NO reservation is required for A-la-Carte**

#### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

#### Sandwiches

Cold Turkey .....	1.50
Turkey Melt .....	1.50
Sandwich of the day .....	1.50
Grilled Cheese .....	1.25
½ Sandwich .....	.75

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50



# September Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25

Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m.



## SEPTEMBER 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Aug 29</p> <ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Corn Bread</li> <li>◆ Pinto Beans</li> <li>◆ Collard Greens</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 	<p>Aug 30</p> <ul style="list-style-type: none"> <li>◆ Beef &amp; Vegetable Stir Fry</li> <li>◆ Buttered Noodles</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ 1% Milk</li> </ul> 	<p>Aug 31</p> <ul style="list-style-type: none"> <li>◆ Fish &amp; Chips</li> <li>◆ Stewed Tomatoes</li> <li>◆ Warm Sliced Apples</li> <li>◆ Whole Grain Roll</li> <li>◆ 1% Milk</li> </ul> 	<p>Sept. 1</p> <ul style="list-style-type: none"> <li>◆ Chicken Alfredo</li> <li>◆ Steamed Broccoli</li> <li>◆ Seasonal Vegetable</li> <li>◆ Fresh Strawberries</li> <li>◆ 1% Milk</li> </ul> 	<p>Sept. 2</p> <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Tater Tots</li> <li>◆ Sliced Tomatoes</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul> 
<p>5</p> <p><b>CLOSED FOR LABOR DAY HOLIDAY</b></p>	<p>6</p> <ul style="list-style-type: none"> <li>◆ Cod Fish</li> <li>◆ Brown Rice</li> <li>◆ Rosemary Potatoes</li> <li>◆ Brussels Sprouts</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>◆ Beef Tips in Gravy</li> <li>◆ Whole Grain Pasta</li> <li>◆ Steamed Broccoli</li> <li>◆ Roasted Carrots</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>◆ Baked Ziti w/ Veggies</li> <li>◆ Cauliflower</li> <li>◆ Breadstick</li> <li>◆ Fresh Berries</li> <li>◆ Greek Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>◆ BBQ Pulled Pork</li> <li>◆ Ranch Beans</li> <li>◆ Spinach w/ Onions</li> <li>◆ Whole Grain Dinner Roll</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 
<p>12</p> <ul style="list-style-type: none"> <li>◆ Teriyaki Chicken Stir Fry w/ Veggies</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ Brown Rice</li> <li>◆ Mandarin Orange</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Pollock Fish</li> <li>◆ Parsley Potatoes</li> <li>◆ Green Peas</li> <li>◆ Combread</li> <li>◆ Fresh Red Grapes</li> <li>◆ 1% Milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>◆ Pork Carnitas</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Flour Tortilla</li> <li>◆ Fresh Banana</li> <li>◆ 1% Milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>◆ Roast Beef w/ Gravy</li> <li>◆ Roasted Carrots</li> <li>◆ Mashed Potatoes</li> <li>◆ Whole Grain Dinner Roll</li> <li>◆ Seasonal Fresh Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>◆ Pasta Primavera w/ Veggies</li> <li>◆ Spinach</li> <li>◆ Garlic Breadstick</li> <li>◆ Cantaloupe</li> <li>◆ Greek Yogurt</li> <li>◆ 1% Milk</li> </ul> 
<p>19</p> <ul style="list-style-type: none"> <li>◆ Meatloaf w Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Whole Grain Dinner Roll</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Brown Rice</li> <li>◆ Roasted Beets</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>◆ Beef Chili Bowl</li> <li>◆ Succotash</li> <li>◆ Combread</li> <li>◆ Red or Green Grapes</li> <li>◆ 1% Milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>◆ Southwest Omelet</li> <li>◆ Stewed Tomatoes</li> <li>◆ Hash Browns</li> <li>◆ Flour Tortilla</li> <li>◆ Fresh Banana</li> <li>◆ 1% Milk</li> </ul>  	<p>23</p> <ul style="list-style-type: none"> <li>◆ Herbed Pork Loin</li> <li>◆ Ancient Grain Blend</li> <li>◆ Cauliflower</li> <li>◆ Sauteed Zucchini</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 
<p>26</p> <ul style="list-style-type: none"> <li>◆ Baked Chicken and Cheesy Rice</li> <li>◆ Corn &amp; Red Peppers</li> <li>◆ Broccoli</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>◆ Salmon w/ Lemon Butter Sauce</li> <li>◆ Rosemary Potatoes</li> <li>◆ Seasonal Vegetables</li> <li>◆ Whole Grain Roll</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour Pork w/ Stir Fry Veggies</li> <li>◆ Cabbage</li> <li>◆ Warm Apples</li> <li>◆ Whole Grain Roll</li> <li>◆ 1% Milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>◆ Beef Enchiladas</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% Milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>◆ Turkey Tetrazzini</li> <li>◆ Italian Vegetables</li> <li>◆ Bread Stick</li> <li>◆ Sugar Cookie</li> <li>◆ 1% Milk</li> </ul> 