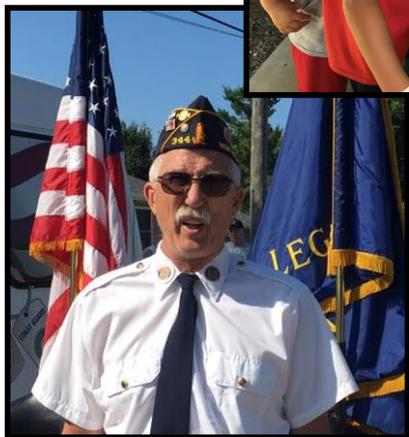


MORTON AREA NEWSLETTER

July, 2017

This institution is an equal opportunity provider, and employer

Like us on facebook: <https://www.facebook.com/CityOfMorton/>



Attention Veterans!

Lee Stock of
Renville County Veterans' Services is at
Morton City Hall
on the
2nd Tuesday of each month
(or other dates if necessary)
to assist you with any of your veteran
service needs.

Please contact Lee to schedule an
appointment

Ruby's Pantry Food Distribution

The 3rd Tuesday of the month
at the National Guard Armory in Red-
wood Falls

Registration begins at 4:00

Distribution runs from 4:30-6:00
a \$20 cash donation gets you a share
bring 2 laundry baskets for your food
contact rubysredwoodfalls@gmail.com
for information especially those who
want to volunteer.

RENVILLE COUNTY FOOD SHELF

Any resident of Renville County may
visit the

Renville County Food Shelf located on
Main Street in downtown Olivia.*

Hours of Operation

Monday 1:00 – 3:00 p.m.

Tuesday CLOSED

Wednesday 10:00 a.m. – 3 p.m.

Thursday 5:00 – 7 p.m.

Friday 1:00 – 3:00 p.m.

Located at 108 S. 9th Street, Olivia, MN
56277

Telephone: 320-523-5339

e-mail: rcfoodshelf@gmail.com

* Bring a current utility bill or other docu-
ment that has your name and street ad-
dress.

The Second Harvest Heartland guideline is
25 lbs . of food per person once a month or
twelve times a year.

If you are doing home projects
and improvements, please
check with city hall to be sure
you are complying with local
requirements.

Women, Infant & Children

Nutrition Program (WIC)

WIC is in Morton on the 3rd
Wednesday every 4 months

from 9:30am-11:30 am at City Hall.

Next visit will be

**Wednesday,
October 4th**

Call 1-800-942-4030
for Information & Details

WIC provides nutrition tips and advice,
support for breastfeeding, healthy foods
such as milk, cheese, juice, cereals and
infant formula, caring and supportive
staff.

You may qualify if you are pregnant,
nursing or have a child under age 5.

ALCOHOLICS

ANONYMOUS

MEETS AT

MORTON CITY HALL

EACH MONDAY

EVENING,

BEGINNING AT

7:00 P.M.

CENTRAL COMMUNITY TRANSIT

The Central Community Transit
serves all of Renville County

Monday . Friday and all your
Transportation needs.

For more information call:

Central Community Transit at:

**320-523-3589 or 1-800-450-
7964**



The official newspaper for the City of Morton is the Renville County Register. All notices and publications as required by law are printed in that paper and as an additional means of providing public information, such notices will be printed in this newsletter when possible. All other publications and postings are done as a courtesy and means of informing residents of activities.

Church Service Schedule

Zion Lutheran

9:00 a.m. Sundays

Bible Study & Sunday school following services

St. John's Catholic

Mass at 8:00 a.m. Sundays

CHURCH SERVICES ARE AIRED ON
MEDIACOM CUSTOMERS'
CHANNEL 8

Tuesdays & Fridays at 10:00 and 1:00

Council Meetings

Next Regular City Council Meeting

Wednesday, August 9., 2017

starting at 7:00 p.m.

Meetings are aired live on Mediacom's local access channel and again the day following the meeting at noon.

If you are experiencing issues with the broadcast, please contact city hall so improvements and changes can be made.

We will be trying to "go live" on facebook..

Please be patient as we work through this!

CIVIL DEFENSE

SIREN TESTING

Civil Defense sirens are tested each month on the first Wednesday at 1:00 p.m.

BONE BUILDERS

Our group meets on Tuesday & Friday at 8:45 a.m. at the Senior Center.

Everyone has a great time, sharing news, joking & laughing. Join us!

Newsletter/Local Access

Information

If you have items you wish to have in the newsletter or posted on the access channel, please drop them off at city hall and we will be happy to include them (at no charge!)

Commercial Tailor

- ⇒ Men's and women's alterations
- ⇒ Mending
- ⇒ Darning socks and
- ⇒ Sweater repairs
- ⇒ Work on some ladies gowns.

Additional charge on rush orders.

Call Lin at 530 1335.

40 years of experience.



Cousin'S
SALOON
Morton, MN.

697-2004

Dine in or take out!

Thank you!

Thank you to the contributors, organizers, planners, volunteers, local organizations and businesses for the part each of you played in the annual 4th of July celebration!

**GARBAGE DAY IS
EACH TUESDAY MORNING**

PLEASE HAVE CONTAINERS AT THE
CURB NO LATER THAN
7:00 A.M.

PLEASE ALLOW FOR
ADEQUATE ROOM FOR THE ARM OF THE
TRUCK TO
ATTACH TO YOUR CONTAINER. ALL GAR-
BAGE MUST IN THE CONTAINER AND THE
CONTAINER MUST BE
ACCESSIBLE.

UPCOMING

CURBSIDE RECYCLING DATES:

July 25, August 8 & 22

Have your container at the location of
your garbage pick up by 6:00 a.m.



River Valley Groom & Spa

Electronics and Appliance Recycling!!

The first Wednesday of each month April-October:

2:00 p.m.—6:00 p.m. Located behind the Redwood County Museum

***This collection is for Redwood and Renville County Residents ONLY**

Happy Birthday, Beulah!

90th Birthday Party Honoring Beulah Lothert

Saturday, August 5th — 2:00 p.m.

Morton Senior Center

Let your presence be your gift!

Renville County



EMPTY PESTICIDE CONTAINER COLLECTION

Aug 23, 2017
9am - Noon

What will be accepted:

- Pesticide containers that are High Density Polyethylene Plastic (imprint of HDPE & #2 on bottom)
- All containers must be triple or pressure-rinsed and must be free of pesticide
- Caps, foil seals and labels must be removed
- No mini-bulk containers accepted
- Containers with dirt or other materials stuck to the outside will **NOT** be accepted.

Location:

Renville County Highway Shop

1/2 mile south of Bird Island on County Rd 5

For more information, contact Larry at 320-523-3712

ANNUAL
MORTON OPEN
GOLF TOURNAMENT

SATURDAY, AUGUST 5TH

SIGN UP IS UNDERWAY
AT COUSIN'S SALOON!

Renville County License Department

This Office Has

LIMITED SERVICES

July 20 - July 24

Due to a Computer System Replacement

These services will be unavailable:

- Registration (tab) renewal, plate replacement and title application.

Available services at this time:

Driver License renewal, Driver License Duplicates, Game & Fish, and DNR (Boats & ATV)

If questions please call 320-523-3612

Need to earn extra money?

Mature workers wanted!



Earn while you learn and put your experience to work.

Paid training with a goal of employment

If you're 55 or older, unemployed and want to get back into the work force, Experience Works might have the training & employment opportunities that are just right for you.

Contact Experience Works at: 1-855-270-9660

ExperienceWorks
www.experienceworks.org

"The Oldest Story in North America"

220 West Second Street – P.O. Box 127 – Morton, MN 56270-0127 Phone: (507) 697-6912 Fax: (507) 697-6118
E-Mail: mortoncityhall@mchsi.com

This institution is an equal opportunity provider, and employer

TDD/TTY: 651-602-7830

AMENDMENTS TO THE MEETING OF JUNE 14 NONE

The following are the NOTES from the most recent council meeting (July 12th)

These NOTES have not been approved by the council as of this publication.

Any changes will be noted in the next newsletter.

July 12, 2017:

Regular meeting called to order in open session at 7:00 p.m. Prescott absent. Others present: Gary Cornwell and Owen Todd.

ADDITIONS TO THE AGENDA:

8C) Small Cities Housing Funding

8D) Housing Rehab Application

12B) Computer Support Proposal.

PRESENTERS:

Owen Todd (Bolten & Menk): Water Drainage Issues at the east part of town. Owen explained that the old sanitary sewer lines acted as a drain tile for the community. Once that was replaced with new line, that drain tile system was gone. At the time of the project, council was aware that we would be experiencing issues with water drainage once the system was replaced. In the plans for the system replacement there was a perforated pipe that would have been placed alongside the sewer line to address the drainage. With the funding that was being provided, the perforated pipe was not a funded item but the city council could have left it in the project and covered the cost. The council chose not to do this.

Owen's recommendation is to put a 12-15" perforated pipe in vertically alongside manhole #38 and drop in a sump pump and pump the water to the ditch. He recommended giving it some time to determine if it is working. If it seems to be providing relief for the property owners in the area, a more permanent solution can be pursued. This initially can be done as a maintenance item and eliminate the need for bidding and engineering. Concern was expressed about the additional water being pumped toward the ditch south of the highway and the possibility of creating more problems. Owen explained that because of the flow, it shouldn't cause any additional water problems.

Manhole #38 is where most of the water drains to. By pumping from this location, people along the Highway 19 ditch may even see some benefit.

Motion by Jacobson and second by Walker to move forward with the recommendation from Bolten & Menk for installation of a perforated pipe and sump pump as close to manhole #38 as possible as a first step in resolving the water drainage issue at the east part of town. Motion carried.

SECRETARY'S REPORT: Motion by Walker and second by Henning to approve the secretary's report for June 14 and June 24 as presented. Motion carried.

TREASURER'S REPORT: Motion by Jacobson and second by Henning to approve the Treasurer's Reports as presented. Motion carried.

BUSINESS AND RESIDENTIAL DEVELOPMENT:

BUSINESS DEVELOPMENT: The Tax Increment Financing Public Hearing will be held in conjunction with the regular August meeting.

Harvestland and Step Saver are progressing with their expansion projects.

The Red Sled has been sold.

River Valley Art Center (B.Original Building) has been active in the community with art in the park on July 4 and another event planned for August 12 in the park.

SMALL CITIES HOUSING REHAB: A grant has been received for \$595,700 for housing rehab. Funds will be available to Morton, Vesta and Lucan residents.

HOUSING REHAB. APPLICATION: Motion by Walker and second by Henning to approve the housing rehab application for home improvement loan, with loan not to exceed \$10,000. Motion carried.

SUPPORT TO KIDS/COMMUNITY PRIDE:

JULY 4 RECAP: The only feedback received is that there were people disappointed that we didn't have softball.

In planning for next year's event, the city will need to form a committee to handle the event. It is time for the next generation to take on the event.

SUMMER YOUTH ACTIVITIES: A two day camp is planned for July 20-21.

PROVIDING MUNICIPAL SERVICES: No issues

PUBLIC SAFETY:

POLICE – ACTIVITY REPORT: The Sheriff's Department did an excellent job of covering for the 4th of July. Review of the report. No issues.

FIRE – FIRE HALL OPTIONS: Review of the options presented: Financing Only and we find an engineer/architect, municipal lease, private/public partnership. Concern about the financing only since we have no set number for the architect/engineering expenses. In review of the private/public partnership, the numbers don't make sense. Council agreed to schedule a work session tentatively for July 26 to meet with each of these firms and get all questions answered so that numbers can be used for budgeting.

MANAGEMENT:

BUDGET SCHEDULE: Review of the tasks that need to be completed. A special meeting may be necessary since we only have until September 15 to have the draft completed.

COMPUTER SUPPORT: Review of the proposal from Business Solutions. Motion by Jacobson and second by Henning to approve the proposal for computer support for \$111.95/month. Motion carried.

PAY BILLS: Motion by Henning and second by Jacobson to pay bills as presented with the addition of E & K Construction (\$9550-canoe landing project). Motion carried.

Congratulations to Gary Dahms for being selected as a League of MN Cities Legislator of Distinction for 2017.

There being no further business, meeting adjourned at 8:45 p.m.

NOTICE OF PUBLIC HEARING

The Morton City Council will hold a public hearing at 7:00 P.M. on Wednesday, August 9, 2017 at 7:00 p.m. to consider a Modification to the Development Program for Municipal Development District No. 1 and the Modification of Tax Increment Financing District No. 1-3.

RENVILLE COUNTY HISTORICAL SOCIETY EVENTS

441 N Park Dr, Morton, MN 56270 * 507.697.6147

www.renvillecountyhistory.com * info@renvillecountyhistory.com

Like us on Facebook @



Celebrate National Picnic Month at the Museum

Renville County Historical Society

Morton, Minnesota

Thursday, July 20, 2017 * 5 PM - 7 PM

Heritage Building on the Museum Grounds

\$5.00 Pulled Pork or Hot Dog Plate

Served with potato chips, pickles and refreshment!

World War I - The Great War

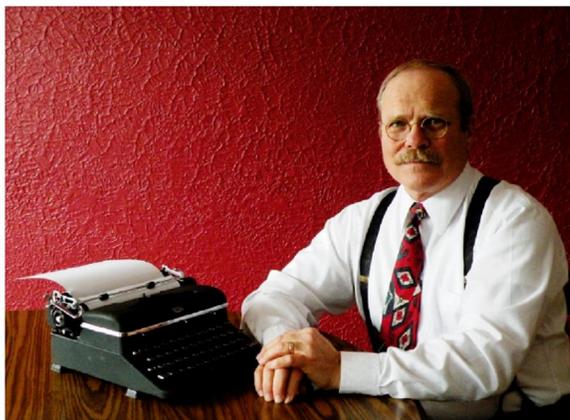
Presented by Michael Eckers

Thursday, July 20, 2017 at 7 PM

Heritage Building on the Museum Grounds

**FREE WILL DONATIONS plus a
non-perishable food item for the
Renville County Food Shelf.**

Please RSVP 507.697.6147! Your name will be entered into a drawing for a Museum Gift Bag!
Must be in attendance to win!



Mysterious & Haunted Bus Tour with Adrian Lee

Saturday, July 22, 2017

8:30 AM - 4:30 PM

3 pick-up locations

Redwood CHS leave 8:30 AM, Renville CHS leave 8:45 AM

& Olivia Courthouse leave at 9:05 AM

Mystery Tour in Sauk Centre & the Christie House in Long Prairie

Lunch Provided!

\$50 per person / Limited Seating / Pre-payment required!

Call to RSVP ASAP 5 seats still available 507.697.6147!

Send checks to RCHS, Attn. Bus Tour, 441 N Park Dr., Morton, MN 56270

Sign-up Deadline Tuesday, July 18, 2017 5 SEATS REMAINING!

Questions: 507.697.6147 or director@renvillecountyhistory.com



VISIT RENVILLE COUNTY HISTORICAL SOCIETY'S BUILDING # 4

AT THE RENVILLE COUNTY FAIR AUGUST 9 - 11, 2017

Featured exhibits include: Renville County in World War I,
Franklin, Eddsville & Beaver Falls!

Donate to Vote for the 2018 Featured Town

**Bird Island, Buffalo Lake, Danube, Fairfax, Hector, Renville &
Sacred Heart are the towns in the running!**

The Church Cash Concert

Thursday, August 17, 2017

Giffillan Estates

7 PM - 9 PM

Tickets \$10 each at the door!

Partnership event with the Redwood County Historical Society.

Refreshments served by *Friends of Giffillan*.



Renville County Historical Society News July 2017

Thank you to all that participated in the RCHS events on 4th of July and for those who supported the RCHS Food Stand! The Museum with its air-conditioning was very popular!

The 4th Annual Veterans Round Table was a success. Thank you to Gary Abraham for being the M/C and for your presentation. Thank you to Billy Underwood for your terrific music! We had 25 attend this year's event and hope those who attended can spread the word on how fun it is. Refreshments were served! We will have the 5th Annual Veterans Round Table next year's on 4th of July!

The Patriotic Sing-a-Long was a hit with 40 in attendance. Myron Lindeman played the pump organ while his son-in-law, Matt Buckley, did the pumping! Solos included *God Bless America, Again* performed by Gene Kohout & Helen Melquist and *You Raise Me Up* performed by Charlie Dunlevy. Board Members, David Torgelson (President), Kurt Valentin (Vice-President) and Gary Abraham (Treasurer) read the *Declaration of Independence*. Nicole Elzenga, Executive Director, shared 'Did You Know' facts about the *Declaration of Independence* and the men who signed it. It was a grand time! Thank you to all that attended and volunteered for this event! There was a terrific picture of the event in the *Renville County Register* last week! Myron made the *Redwood Gazette* this past week standing in front of the church!

We really missed have the softball players in town but the Food Stand held its own! It was reported we had some really good baked beans and the teenagers loved the big pickles! We'll be serving again next year!

Thank you to Marcia Dworshak for all your hard work on the gardens! They look beautiful.

Please take time to walk through the Educational Prairie Area on the south-side of the Main Museum! We will be putting up identification signs for the flowers for 2018 and adding a picnic area in the middle! The birds & insects are loving it. I even saw a hummingbird the other day!

Summer isn't over! Please join us on Thursday, July 20th in the Heritage Building 5 PM – 7 PM for the Picnic at the Museum! Pulled Pork or Hot Dog Plate \$5! See our poster in this newsletter for more information.

Stick around after the picnic on Thursday and learn about World War I presented by Michael Eckers at 7 PM! FREE WILL DONATIONS plus a non-perishable food item for the Renville County Food Shelf. Please RSVP 507.697.6147! Your name will be entered into a drawing for a Museum Gift Bag! Must be in attendance to win!

There are still 5 seats available for the Mysterious & Haunted Bus Tour with Adrian Lee on Saturday, July 22, 2017! See our poster in this newsletter for more information. Pre-payment is required! \$50 per ticket includes lunch! CALL ASAP 507.697.6147 if you want a ticket!

The Museum will be closed August 7-12! Come visit us at the Renville County Historical Society's BUILDING # 4 at the Renville County Fair August 9 - 11, 2017! Featured exhibits include: Renville County in World War I, Franklin, Eddsville & Beaver Falls! The 'Donate to Vote for the 2018 Featured Town' will take place from Wed. August 9th at 10 AM until Fri. August 11th at 10 PM! The town with the most money in their bucket will be the featured 2018 town in the Main Museum! The towns in the running are Bird Island, Buffalo Lake, Danube, Fairfax, Hector, Renville & Sacred Heart!



The mission of the Morton Area Chamber is to foster a strong, inviting community through supporting and attracting businesses, organizations and tourism.

The vision of the Morton Area Chamber is to be the leading resource that businesses and organizations partner with to create a healthy and vibrant community.

Morton Area Chamber and Tourism

Secretary Report from July 6, 2017

1. Called meeting to order at 12:12 at Cousins Saloon. Present: Nicole Elzenga, President; Bonnie Green, Treasurer/Secretary; Darin Prescott; Wes Ovre; Sarah Madson. Absent: Heather Koffler, Vice-President
 2. Agenda – Wes motion to approve, Sarah 2nd, approved
 3. Secretary Report – Wes motion to approve, Sarah 2nd, approved
 4. Treasurer Report – Sarah motion to approve, Darin 2nd, approved
 - a. Discussion to add a one year expiration date to Chamber Bucks. Wes motioned to approve, Darin 2nd, approved
 5. Committee Updates
 - a. VantagePoint Marketing billed for June marketing work
 - a. Board would like to see screen shots and results page. Bonnie will e-mail
- copies
6. Old Business
 - a. 4th of July went well. Too hot, Tuesday may have affected crowd. Positive reaction to recycling cans.
 - b. Fun Run 10K went well. Well attended. Have more ideas for next year already. Positive feedback
 - c. Kids' activities went well. Only one complaint on charging for wristbands. We would like to have more next year – perhaps a smaller one for smaller people and an adult only bounce house.
 - d. Thanks to volunteers Meghann Kodet, Amber Schottenbauer and Eric for helping sell beer at The Station and to Tom Rebstock for the use of his cooler.
 - e. Discussion on additional activities and ideas to enhance the celebration next year.
 7. New Business
 - a. We now have an account at RRRSWA for recycling aluminum cans. If anyone wishes to donate the proceeds from their cans, they just have to tell the facility and it goes into an account for the Morton Area Chamber.
 - b. Beneath The Village Wreath date is set for Nov 18, 2017!
 - c. City of Morton has requested that our minutes be published in the Morton City Newsletter.

Adjourned at 1:12 PM. Respectfully submitted by Bonnie Green, Secretary



**CHAMBER
SPONSORED**



**4TH OF JULY
FUN**

Morton Area Chamber July News

Thank you to all who supported the Bouncy House & Kids' Train! The Chamber will be bringing more cool things for 2018's 4th of July! The wristbands went over great!

The Beer Stand was a great success! Thank you to Tom Rebstock for letting us use his refrigerated truck! Thank you to River Valley Arms & Ammo for donating the can koozies as a fundraiser! Thanks to volunteers Meghann Kodet, Amber Schottenbauer and Eric for helping sell beer at The Station and making it run so smoothly. The Can Recycle bottles went over well!

Start collecting aluminum beverage cans to support the Morton Area Chamber. When you deliver them to the Redwood/Renville Regional Solid Waste Authority in Redwood Falls let them know you would like to contribute to the Morton Area Chamber fund!

It was a successful 4th of July and we look forward to our next Chamber sponsored event on Saturday, November 18, 2017, Beneath the Village Wreath!

Please be sure to check out our website www.mortonareachamber.org and LIKE us on FACEBOOK @mortonmnchamber if you need to contact us please call 507.697.1884!

If you would like to become a member of the Morton Area Chamber please visit our website or contact our Chamber President Nicole Elzenga at the above number. The next Morton Area Chamber meeting will be on Thursday, August 3, 2017 NOON at Cousins Saloon!

Renville County Historical Society's

Hours:

June-August Monday –Saturday

10 AM – 4 PM



Be sure to visit our website

www.renvillecountyhistory.com and be sure to LIKE us on FACEBOOK @RCHSMuseum and FOLLOW us on TWITTER @RenvilleCoMNHist

Become a Member Today! Membership dues are very reasonable: Annual Individual \$15.00, Annual Family \$25.00, Lifetime \$200.00! Your membership dues are tax-deductible. Membership Benefits Include: FREE Admission to the Museum, 10% off items in the gift store, 4 newsletters a year and 2 FREE assisted hours in the Research Library. Your support helps the Museum and Research Center to continue to grow. Your membership starts the day you join through the end of the month you joined of the following year, for example July 16, 2017 - July 31, 2018. Your dues go towards the general fund and other essential projects RCHS does annually. Sign up today via our website or send your checks to RCHS Attn. Membership 441 N Park Dr, Morton, MN 56270.

HOUSE FOR SALE:



For Sale by Owner

319 Main St. Morton, MN

3 bedroom

1 bath

Hardwood & ceramic tile flooring

Deck on back overlooking park

Comes with fencing for backyard

Attached garage

\$23,000.00

Contact Carl : 507-626-4279

JOIN US

Saturday, August 12

2:00-4:00 p.m.

All ages welcome!

Registration begins July 14th at

www.rivervalleyart.space

SPONSORED BY RIVER VALLEY ART CENTER OF MORTON

Morton City Park

Art in the Park

Art in the Park



Annie Tepfer ~ DFC Coalition Coordinator
RAPAD ~ Renville Alliance for the Prevention of Alcohol and Drugs
Olivia, MN 56277 ~ Office # 320-523-3845 ~ Cell # 320-212-0484
anniet@renvillecountymn.com www.rapad.org

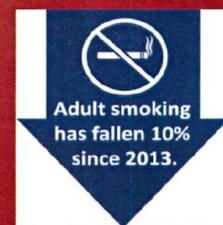
Facts about Youth Tobacco Use



- Nearly 9 out of 10 cigarette smokers first tried smoking by age 18
- Tobacco use remains the leading cause of death in Renville County as a contributor to cancer, heart disease, stroke and lung disease.
- If we can keep kids tobacco free until age 18, most will never start

Where can I learn more about quitting?

If you smoke, there are resources available to help you quit. QUITPLAN Services is a free counseling service available to anyone living or working in Minnesota. More on QUITPLAN Services can be found at www.quitplan.com or by calling QUITPLAN Helpline at 1-888-354-PLAN (7526).



Pop Tab Program

What is the Pop Tab Program? Our Pop Tab Program is a great way for families, schools, organizations, businesses and individuals to support the Ronald McDonald House of Rochester, Minnesota's mission. When pop tabs are donated, volunteers bring them to a local recycling facility and exchange the aluminum for cash. All proceeds directly support the Ronald McDonald House of Rochester, Minnesota.

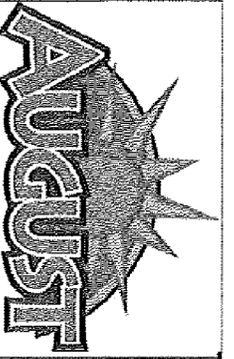
What exactly is a pop tab? A pop tab is the flip top on aluminum cans. You can collect them from soda cans, sparkling water cans and various other beverage cans. We also take tabs from soup, fruit, vegetable and pet food cans that have tabs.

Where do I drop my pop tabs off? Drop your collected tabs off at Morton City Hall. From here they will be forwarded to Rochester, Minnesota

CANCELLED STAMP COLLECTION PROGRAM

If you have stamps and you don't know what to do with them. But you would rather not throw them away here is a nice option for you. You can collect them and drop them off at City Hall to be donated to a Veterans Organization. The Veterans' National Stamp and Coin Club is a wonderful organization. They collect U.S. and foreign stamps and coins, postcards, sports cards and much more. This group then passes the items on to other Veterans Affairs support centers across the nation. The stamps and coins, etc., are supplied for therapeutic use helping veterans.





Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
3 oz. Hamburger 1/2 c. Oven Brown Potatoes 1/2 c. Creamed Corn Bun/Margarine 1/2 c. Rhubarb Sauce 8 oz. Low Fat Milk	Taco Salad: 3oz Taco Meat 1/2oz. Cheese, 2 Tbsp Salsa 1Tb. Shred Lettuce&Chopped Tomatoes 1Tb. Sour Crm. Dinner Roll/Marg 1/2 c. Fresh Fruit, 2"x2" Bar 8 oz. Low Fat Milk	6oz. Chicken in Cream Sauce 1/2 c. Mashed Potatoes 1/2 c. Peas Bread/Margarine 2"x2" Cream Puff Dessert 8 oz. Low Fat Milk	3 oz. Pork Loins 1/2c. Buttered Boiled Potatoes 1/2 c. Creamed Carrots Bread/Margarine 2"x2" Poke Cake 8 oz. Low Fat Milk	4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce/Dreg/1/2c Gr. Beans Garlic Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk
Monday, August 14 3 oz. Salisbury Steak 1/2 c. Mashed Potatoes 1/2 c. Country Blend Veget. Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk	Tuesday, August 15 3 oz. BBQ Pork 1/2 c. Potato Salad 1/2 c. Cauliflower Bun/Margarine 2"x2" Cake 8 oz. Low Fat Milk	Wednesday, August 16 6 oz. Baked Rigatoni & Beef 1/2 c. Corn 1/2 c. Fruit Salad Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk	Thursday, August 17 4 oz. Brat 1/2c. Potato Salad 1/2 c. Peas Bun/Margarine 2"x2" Raspberry Parfait Dessert 8 oz. Low Fat Milk	Friday, August 18 3 oz. Chicken Salad 1 c. Tossed Salad/Dressing 1/2 c. Fresh Fruit Bun/Margarine 2"x2" Blondie 8 oz. Low Fat Milk
Monday, August 21 4 oz. Beef Tips/Gravy 1/2 c. Noodles/1/2 Peaches 1/2 c. Carrots Bread/Margarine Cookie 8 oz. Low Fat Milk	Tuesday, August 22 5 oz. Parmesan Chicken Baked Potato/Sr. Crm. 1/2 c. California Blend Veg Bread/Margarine 1/2 c. Fruit Cocktail 8 oz. Low Fat Milk	Wednesday, August 23 3 oz. Country Steak 1/2 c. Whole Potatoes 1/2 c. Squash Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk	Thursday, August 24 3 oz. Roast Turkey 1/2c. Mashed Potatoes/Gravy 1/2c Green Beans Cranberry So. Garnish 2"x2" Frosted Cake 8 oz. Low Fat Milk	Friday, August 25 4 oz. Tuna Salad on Bun 1/2 c. Creamy Cucumber Salad 1/2 c. Fresh Fruit Bun/Margarine 2"x2" Bar 8 oz. Low Fat Milk
Monday, August 28 4 oz. Swedish Meatballs 1/2 c. Paprika Potatoes 1/2 c Spinach Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk	Tuesday, August 29 \$2.00 Day 3 oz. Liver or Pepper Steak 1/2 c. Buttered Baked Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Apples 8 oz. Low Fat Milk	Wednesday, August 30 Chef Salad 1 oz. each Turkey, Ham, Cheese on 1 cup Lettuce/Salad Drsg. 1/2 c. Tomato & Cucum. Slices Muffin/Marg./2"x2" Bar 8 oz. Low Fat Milk	Thursday, August 31 3 oz. Roast Beef 1/2 c. Mashed Potatoes 1/2 c. Carrots Dinner Roll/Margarine 2"x2" Pudding Dessert 8 oz. Low Fat Milk	Contact Site Manager for information & to reserve your meal. Call JOANIE at 697-6112 Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted in lieu of donation. Contact Site Manager for more information.

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Terri Weyer, RD, LD. Posted menu is regular diet & provides average of 700-800 calories. Diabetic, sodium and fat restricted menus available upon request. MENU SUBJECT TO CHANGE

Special Fruit Salad

Ingredients

- 1 snack-size cup (4 ounces) pineapple tidbits
- 1/3 cup chopped apple
- 1/3 cup cubed cantaloupe
- 10 green grapes, halved
- 6 fresh strawberries, quartered
- 1 medium kiwifruit, peeled and sliced
- **DRESSING:**
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1-1/2 teaspoons sugar
- 1 teaspoon orange juice
- 1/4 teaspoon lemon juice
- 1/4 teaspoon grated lemon or orange peel

Directions

- **1.** Drain pineapple, reserving 1 teaspoon juice. In a salad bowl, combine the pineapple, apple, cantaloupe, grapes, strawberries and kiwi. In a small bowl, combine the dressing ingredients; add reserved pineapple juice and mix well. Refrigerate fruit and dressing until chilled. Just before serving, pour dressing over fruit and toss to coat.

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