

February 2026 Menu

Lunch Served at Noon
Call ahead for to-go orders
208-879-6338

<i>MONDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
<p style="text-align: right;">2</p> <p>Quesadillas Refried Beans Corn Banana Cookie</p>	<p style="text-align: right;">4</p> <p>Roast Chicken Mixed Vegetables Ambrosia Salad Dinner Roll</p>	<p style="text-align: right;">6</p> <p>Minestrone Soup Rolls Applesauce</p>
<p style="text-align: right;">9</p> <p>Pancakes Bacon Roast Potatoes Scrambled Eggs Orange Slices</p>	<p style="text-align: right;">11</p> <p>Ham & Cheese Sliders Mixed Vegetables Fruit Cookie</p>	<p style="text-align: right;">13</p> <p>Chicken Broccoli Braid Oranges Green Salad Birthday Cupcakes</p>
<p style="text-align: right;">16</p> <p>Polish Hot Dogs Roasted Potatoes Fresh Vegetables Applesauce Cookie</p>	<p style="text-align: right;">18</p> <p>Meatloaf Mashed Potatoes Green Beans Jello Salad</p>	<p style="text-align: right;">20</p> <p>Chili Cornbread Salad Grapes Cookie</p>
<p style="text-align: right;">23</p> <p>Soup Variety Day Dinner Roll Yogurt Parfait</p>	<p style="text-align: right;">25</p> <p>Sloppy Joes Coleslaw Potato Chips Bananas</p>	<p style="text-align: right;">27</p> <p>Tuna Casserole Roast Potatoes Salad Garlic Bread</p>
<p>Happy Valentine's Day from all your friends at the Challis Senior Citizens Center!</p>		

USDA is an equal opportunity provider
Menu subject to change

Lunch Meals & Delivery are available to EICAP qualified residents.
Call EICAP to register: 208-542-8179

Challis Senior Citizens Center, Inc.
 695 Challis Creek Road
 PO Box 997
 Challis, ID, 83226
 208-879-6338 www.challisseniorcenter.com

Lunch Suggested Donation

Seniors (60+) - \$5 suggested donation

All others (59 & younger) - \$7 suggested donation

Here are some dates to remember:

February 6th – Valentine Card Making Day 3-5 PM

February 10th – Board Meeting at 10 AM

February 13th – Birthday Cake Day

February 13th – Valentine Taco Bar Fundraiser at 5 PM

Pinocle – every Monday, Wednesday, and Friday after lunch

BINGO Every Saturday 4 pm- 6 pm, must be 18 years to play

VOLUNTEERS ALWAYS NEEDED

THANK YOU FOR YOUR SUPPORT!

How to Eat Mindfully

Eat slowly. Take small bites, chew more slowly, and put your fork down between bites.



Pay attention to your body. What is it telling you? When eating, pause and listen for your body to signal that you are full. This may help keep you from overeating.



Reduce background noise.

This may include TV, computer, tablet, or phone. Try eating in a nearby room so the TV can still be heard, or listen to radio or music instead.



Use your senses.

Focus on the smells, colors, and tastes of the foods in the meal.

