

New Opportunities to offer summer food service

New Opportunities Inc. is participating in the summer food service program.

Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, at a first come, first serve basis, at the sites and times as follows:
| Guthrie Center Elementary, 900 N. Fourth St., Guthrie Center.

Program dates: June 5-June 28; time and days of service: 11:15 a.m.-12:15 p.m. Tuesday, Wednesday and Thursday.

Coon Rapids-Bayard High School, 905 North St., Coon Rapids.

Program dates: July 9-27; time and days of service: 9-9:15 a.m. breakfast and 11:30 a.m.-12:15 p.m. lunch, Monday-Thursday,

operating Tuesday-Friday last week of July due to RAGBRAI.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

SENIOR MEALS

Elderbridge Agency Homebound Meals Program

| Skim milk or 2% milk offered with each meal; condiments offered as appropriate.

Each meal includes one-third of the required daily intake for persons age 70+.

| If there are any questions, phone 792-3058.

Monday — Meatloaf, carrots, fresh orange and raisins.

Tuesday — Baked chicken breast, mashed potatoes, green beans, banana and orange juice.

Wednesday — Vegetable Swiss steak, mashed potatoes with gravy, broccoli, raisins and banana.

Thursday — Roast turkey, cauliflower, carrots, tropical fruit and fresh banana.

Friday — Potato crusted pollock, parslid potatoes, asparagus, raisins and fresh banana.

GIFT WITH PURCHASE*

EMBRACE THE GLOW WITH SUMMER-READY, TRAVEL-SIZED PRODUCTS.

Lash Lift Waterproof Mascara Deep Ebony
Skin Refining Cleanser

PE NURS



Richard Vanderheiden (second from Moines Area Community College member, was part of the selection in 2013. Provost Joel Lundstrom (ri difference in students pursuing the John and Stacey Peter of Dedham, at DMACC and then pursue a bach nurse practitioner in family medic

SMCH recog Veterans Le

Special to the Daily Time Herald tion