DECEMBER 2026

Carb Sack – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7 Slice Turkey/Cheese 3 Carb Wrap 12 Pickled Beet Salad 9 NA Fruit 8 Graham Crackers 11 Milk 11 54 gm	8	9	10	11
14 Egg Salad 3 3 pkg Ritz Crackers 12 Garden Cottage Cheese 5 Fruit 15 Nutty Buddy Bar 11 Milk 11 57 Gm	15	16	17	18
21 Slice Turkey/Cheese 3 Carb Wrap 12 Pickled Beet Salad 9 NA Fruit 8 Graham Crackers 11 Milk 11 54 gm	22	23	24 AGENCY CLOSED	25
28	29	30	31	

One sack lunch per week contains pork.

All Early, Alternate and Cook's Choice Sacks will be Pork Free

If you do not wish to receive pork in your sack lunch please call two days in advance to request a hot meal or an Alt Sack lunch. 330-832-7220

11.6.26

Agency Closed 12.24.26 – 1.1.27. All meals will resume on 1.4.27

Should we need to cancel due to bad weather it will be posted on: WKYC – 3, FOX 8, WVIZ – 25, WKSU FM 89.7, WCPN FM 104.9, WCLV FM 90.3 , WCRF – FM 103.3 and WHBC 1480. We will also send out text and email to those we have info on file.

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