

CAFE YOLO TO GO LOCATIONS		RESERVATION POLICY		Location		Date	
<p><b>DAVIS: SECOND MONDAY EVERY MONTH @ 4PM</b></p> <ul style="list-style-type: none"><li>Hosted by Rancho Yolo</li></ul> <p><b>WEST SACRAMENTO: SECOND THURSDAY EVERY MONTH</b></p> <ul style="list-style-type: none"><li>Hosted by Margaret McDowell Manor</li></ul> <p><b>WINTERS: THIRD FRIDAY EVERY MONTH @ 11 AM</b></p> <ul style="list-style-type: none"><li>11 am hosted by Blue Mountain Terrace</li><li>12:30 pm hosted by Winters Senior Apartments</li></ul> <p><b>KNIGHTS LANDING: THIRD TUESDAY EVERY MONTH @ 8 AM</b></p> <ul style="list-style-type: none"><li>Across from the Knights Landing Family Resource Center</li></ul> <p><b>ESPARTO: THIRD THURSDAY EVERY MONTH @ 10 AM</b></p> <ul style="list-style-type: none"><li>Hosted by RISE, Inc. and the Capay Valley Health and Community Center</li></ul> <p><b>WOODLAND: THIRD THURSDAY EVERY MONTH @ 1 PM</b></p> <ul style="list-style-type: none"><li>Hosted by Courtside Towers</li></ul>		<ul style="list-style-type: none"><li><b>RESERVATIONS REQUIRED 24HRS IN ADVANCE</b> by contacting: 530-662-7035 or <a href="mailto:welcome@mowyolo.org">welcome@mowyolo.org</a></li><li>If you have made a reservation but <b>can no longer attend</b>, please call or email to cancel.</li><li>Repeated <b>no-shows</b> resulting in <b>meal waste</b> may prompt a conversation about your continued enrollment in the program.</li></ul>		Davis	Oct 13, 2025		
				<ul style="list-style-type: none"><li>Beef Picadillo</li><li>Brussels Sprouts</li></ul>	<ul style="list-style-type: none"><li>Chicken Florentine w/ Spinach</li><li>Mashed Potatoes</li><li>Broccoli &amp; Cauliflower w/ Cheese Sauce</li></ul>		
				West Sacramento		Oct 9, 2025	
				<ul style="list-style-type: none"><li>Chicken Tostada Casserole</li><li>Baby Carrots</li></ul>	<ul style="list-style-type: none"><li>Mexican Spiced Chicken</li><li>Brown Rice</li><li>Cauliflower</li></ul>		
				Winters		Oct 17, 2025	
				<ul style="list-style-type: none"><li>Beef &amp; Bean Chili w/ Shredded Cheese</li><li>Cornbread</li><li>baby Carrots w/ Oregano</li></ul>	<ul style="list-style-type: none"><li>Vegetable Lasagna</li><li>Cauliflower</li></ul>		
				Knights Landing		Oct 21, 2025	
				<ul style="list-style-type: none"><li>Chicken Mole</li><li>Brown Rice</li><li>California Vegetable Blend</li></ul>	<ul style="list-style-type: none"><li>Potato &amp; Cheddar Soup</li><li>Broccoli Florets</li></ul>		
				Woodland & Esparto		Oct 16, 2025	
				<ul style="list-style-type: none"><li>Beef &amp; Bean Chili w/ Shredded Cheese</li><li>Cornbread</li><li>baby Carrots w/ Oregano</li></ul>	<ul style="list-style-type: none"><li>Vegetable Lasagna</li><li>Cauliflower</li></ul>		
SODIUM LEVELS		TO-GO MEALS					
Meals typically are 760 mg or less. Any meals exceeding 1,000 mg are labeled with a salt shaker icon. The Chronic Disease Risk Reduction level of sodium is 2,300 mg or less daily.		If you choose to take your meal home (not recommended), MOW Yolo cannot ensure food Safety.					
MENU SUBJECT TO CHANGE		<p><b>TO KEEP YOUR MEAL SAFE:</b></p> <ul style="list-style-type: none"><li><b>Take it directly home.</b> Avoid running errands.</li><li><b>Store it properly.</b> Place your meal in the fridge immediately if it won't be eaten right away.</li><li><b>Discard anything left out over 2 hours.</b> Reheat meals to at least 165°F using a microwave, oven, or stove.</li></ul>					
				Occasionally, menu items may vary due to food supply issues beyond our control. <b>For questions or concerns about the menu</b> , please contact our <b>Nutrition and Procurement Specialist</b> , Emma Taylor, at <a href="mailto:etaylor@mowyolo.org">etaylor@mowyolo.org</a>			