

# NORTHWEST LOUISIANA

JANUARY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 <b>Closed for Holiday</b>	2 Beef and Bean Burrito Spanish Rice Fiesta Vegetables Cranberry Juice Chocolate Swirl Pudding Milk   Taco Sauce	3 Garlic Rosemary Chicken with Gravy Peas and Carrots Cabbage Cornbread Sugar Cookie Milk   Margarine	4 Meatloaf with Brown Gravy Ranch Whipped Potatoes Harvard Beets Wheat Bread Brownie Milk   Margarine
7 Italian Style Pork Whipped Potatoes Green Peas Whole Grain Breadstick Chocolate Chip Pudding Milk   Margarine	8 Swiss Steak Fettuccini Pasta Tuscany Vegetables Apple Juice Texas Bread Seasonal Fruit Milk   Margarine	9 Sausage and Pinto Beans Buttered Rice Whole Kernel Corn Orange Juice Wheat Bread Fruited Lime Gelatin Milk   Margarine	10 Chicken Strips with Gravy Cut Yams Green Beans with Peppers and Onions Wheat Roll Oatmeal Cookie Milk   Margarine	11 Sliced Ham Northern Beans California Vegetable Blend Dinner Roll Strawberry Bar Milk   Margarine
14 Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk   Margarine	15 BBQ Pork Rib Patty Delmonico Potatoes Coleslaw Wheat Hamburger Bun Hot Spiced Fruit Milk	16 Chili with Beans Mexican Corn Brussels Sprouts with Cheese Saltine Crackers Rosy Applesauce Milk	17 Country Fried Steak with Country Gravy Buttermilk Potatoes Cabbage Biscuit Seasonal Fruit Milk   Margarine	18 Lemon Pepper Chicken with Gravy Lima Beans Broccoli Wheat Roll Chocolate Moon Pie Milk   Margarine
21 Salisbury Steak Parslied Rice Glazed Carrots Grape Juice Wheat Bread Fresh Orange Milk   Margarine	22 Spaghetti Casserole Chuckwagon Corn Green Beans Texas Bread Orange Gelatin Milk   Margarine	23 Orange Turkey Breast Red Mashed Potatoes Mixed Greens Cornbread Banana Pudding Milk   Margarine	24 Sausage Jambalaya Northern Beans Broccoli Wheat Roll Chocolate Chip Cookie Milk   Margarine	25 Confetti Chicken Whipped Potatoes Spinach Whole Grain Breadstick Frosted Birthday Cake Milk   Margarine
28 Swedish Meatballs Twice Whipped Potatoes Green Peas Wheat Bread Cherry Gelatin Milk   Margarine	29 Chicken Cacciatore Rotini Pasta Spinach Fruit Blend Juice Dinner Roll Seasonal Fruit Milk   Margarine	30 Hamburger Patty Lettuce and Tomato Baked Beans Wheat Hamburger Bun Mixed Fruit Cobbler Milk   Mustard and Ketchup	31 Ham and White Beans Stewed Tomatoes Mixed Greens Cornbread Sugar Cookie Milk   Margarine	

*Lauren McDavid RD LD*

Lauren McDavid, RD, LD

# NORTHWEST LOUISIANA

FEBRUARY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Savory Beef Casserole Whole Kernel Corn Broccoli Wheat Roll Rice Krispie Treat Milk   Margarine</p>
<p>4</p> <p>Cranberry Dijon Chicken Green Peas Spring Vegetables Wheat Bread Mississippi Mud Pudding Milk   Margarine</p>	<p>5</p> <p>Creole Steak Black-Eyed Peas Green Beans Wheat Roll Seasonal Fruit Milk   Margarine</p>	<p>6</p> <p>Chicken and Sausage Gumbo White Rice Glazed Carrots Apple Juice Saltine Crackers Orange Gelatin Milk</p>	<p>7</p> <p>Onion Pork Roast Oven Roasted Potatoes Mixed Greens Cornbread Cinnamon Applesauce Milk   Margarine</p>	<p>8</p> <p>Beef Jardiniere Lima Beans Okra and Tomatoes Wheat Roll Fudge Cream Cookie Milk   Margarine</p>
<p>11</p> <p>Beef Hot Dog Baked Beans Whole Kernel Corn Hot Dog Bun Fresh Orange Milk   Mustard</p>	<p>12</p> <p>Grilled Pork Patty with Mushrooms Oven Roasted Potatoes Succotash Wheat Roll Seasonal Fruit Milk   Margarine</p>	<p>13</p> <p>Beef and Bean Burrito Spanish Rice Fiesta Vegetables Cranberry Juice Chocolate Swirl Pudding Milk   Taco Sauce</p>	<p>14</p> <p><b><i>Valentine's Day</i></b> Herb Crusted Pork Loin with Gravy Parslied Rice Field Peas Orange Juice Dinner Roll Glazed Fruit Milk   Margarine</p>	<p>15</p> <p>Meatloaf with Brown Gravy Ranch Whipped Potatoes Harvard Beets Wheat Bread Brownie Milk   Margarine</p>
<p>18</p> <p>Italian Style Pork Whipped Potatoes Green Peas Whole Grain Breadstick Chocolate Chip Pudding Milk   Margarine</p>	<p>19</p> <p>Swiss Steak Fettuccini Pasta Tuscany Vegetables Apple Juice Texas Bread Seasonal Fruit Milk   Margarine</p>	<p>20</p> <p>Sausage and Pinto Beans Buttered Rice Whole Kernel Corn Orange Juice Wheat Bread Fruited Lime Gelatin Milk   Margarine</p>	<p>21</p> <p>Chicken Strips with Gravy Cut Yams Green Beans with Peppers and Onions Wheat Roll Oatmeal Cookie Milk   Margarine</p>	<p>22</p> <p>Sliced Ham Northern Beans California Vegetable Blend Dinner Roll Frosted Birthday Cake Milk   Margarine</p>
<p>25</p> <p>Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk   Margarine</p>	<p>26</p> <p>BBQ Pork Rib Patty Delmonico Potatoes Coleslaw Wheat Hamburger Bun Hot Spiced Fruit Milk</p>	<p>27</p> <p>Chili with Beans Mexican Corn Brussels Sprouts with Cheese Saltine Crackers Rosy Applesauce Milk</p>	<p>28</p> <p>Country Fried Steak with Country Gravy Buttermilk Potatoes Cabbage Biscuit Seasonal Fruit Milk   Margarine</p>	

Lauren McDavid RD LD

Lauren McDavid, RD, LD

# NORTHWEST LOUISIANA

MARCH 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Lemon Pepper Chicken with Gravy Lima Beans Broccoli Wheat Roll Chocolate Moon Pie Milk   Margarine</p>
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<p>4</p> <p>Salisbury Steak Parslied Rice Glazed Carrots Grape Juice Wheat Bread Fresh Orange Milk   Margarine</p>	<p>5</p> <p>Spaghetti Casserole Chuckwagon Corn Green Beans Texas Bread Orange Gelatin Milk   Margarine</p>	<p>6</p> <p>Orange Turkey Breast Red Mashed Potatoes Mixed Greens Cornbread Banana Pudding Milk   Margarine</p>	<p>7</p> <p>Sausage Jambalaya Northern Beans Broccoli Wheat Roll Chocolate Chip Cookie Milk   Margarine</p>	<p>8</p> <p>Confetti Chicken Whipped Potatoes Spinach Whole Grain Breadstick Oatmeal Cream Cookie Milk   Margarine</p>
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<p>11</p> <p>Swedish Meatballs Twice Whipped Potatoes Green Peas Wheat Bread Cherry Gelatin Milk   Margarine</p>	<p>12</p> <p>Chicken Cacciatore Rotini Pasta Spinach Fruit Blend Juice Dinner Roll Seasonal Fruit Milk   Margarine</p>	<p>13</p> <p>Hamburger Patty Lettuce and Tomato Baked Beans Wheat Hamburger Bun Mixed Fruit Cobbler Milk   Mustard and Ketchup</p>	<p>14</p> <p>Ham and White Beans Stewed Tomatoes Mixed Greens Cornbread Sugar Cookie Milk   Margarine</p>	<p>15</p> <p><b><u>St. Patrick's Day</u></b> Beef Stew Buttermilk Potatoes Cabbage Cornbread Lime Gelatin Milk   Margarine</p>
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<p>18</p> <p>Cranberry Dijon Chicken Green Peas Spring Vegetables Wheat Bread Mississippi Mud Pudding Milk   Margarine</p>	<p>19</p> <p>Creole Steak Black-Eyed Peas Green Beans Wheat Roll Seasonal Fruit Milk   Margarine</p>	<p>20</p> <p>Chicken and Sausage Gumbo White Rice Glazed Carrots Apple Juice Saltine Crackers Orange Gelatin Milk</p>	<p>21</p> <p>Onion Pork Roast Oven Roasted Potatoes Mixed Greens Cornbread Cinnamon Applesauce Milk   Margarine</p>	<p>22</p> <p>Beef Jardiniere Lima Beans Okra and Tomatoes Wheat Roll Fudge Cream Cookie Milk   Margarine</p>
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<p>25</p> <p>Beef Hot Dog Baked Beans Whole Kernel Corn Hot Dog Bun Fresh Orange Milk   Mustard</p>	<p>26</p> <p>Grilled Pork Patty with Mushrooms Oven Roasted Potatoes Succotash Wheat Roll Seasonal Fruit Milk   Margarine</p>	<p>27</p> <p>Beef and Bean Burrito Spanish Rice Fiesta Vegetables Cranberry Juice Chocolate Swirl Pudding Milk   Taco Sauce</p>	<p>28</p> <p>Garlic Rosemary Chicken with Gravy Peas and Carrots Cabbage Cornbread Sugar Cookie Milk   Margarine</p>	<p>29</p> <p>Meatloaf with Brown Gravy Ranch Whipped Potatoes Harvard Beets Wheat Bread Frosted Birthday Cake Milk   Margarine</p>
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