

Northwest Louisiana Consortium

July 2020
Frozen Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		Ham & White Beans Stewed Tomatoes Tangy Spinach Dinner Roll Seasonal Fruit Milk Margarine 7/1	Independence Day Meal BBQ Chicken O'Brien Potatoes Baked Pinto Beans Hamburger Bun Mississippi Mud Pudding Milk 7/2	Creole Steak Cheesy Whipped Potatoes Green Peas Dinner Roll Birthday Cake Milk Margarine 7/3
Sliced Roast Beef w/Au Jus Whole Kernel Corn Black-eyed Peas Wheat Bread Mandarin Oranges Milk Margarine 7/6	Glazed Pineapple Ham Mixed Greens Hot Pineapple Tidbits Corn Bread Muffin Milk Margarine 7/7	Chicken Alfredo Broccoli Diced Carrots Wheat Roll Fruited Lemon Gelatin Milk Margarine 7/8	Salisbury Steak w/Brown Gravy Ranch Potatoes Green Beans Wheat Bread Chocolate Chip Cookie Milk Margarine 7/9	Sloppy Joe Oven Roasted Potato Medley Green Beans Hamburger Bun Rice Krispie Treat Milk 7/10
BBQ Beef Crispy Cubed Potatoes Spinach Hamburger Bun Seasonal Fruit Milk 7/13	Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Dinner Roll Pineapple Tidbits Milk Margarine 7/14	Pork Roast w/Brown Gravy Broccoli Tuscany Vegetables Texas Bread Fresh Banana Milk Margarine 7/15	Ham w/Raisin Sauce Butter Beans California Vegetable Blend Dinner Roll Oatmeal Cookie Milk Margarine 7/16	Apple Glazed Pork Delmonico Potatoes California Vegetable Blend Wheat Bread Fudge Crème Cookie Milk Margarine 7/17
Sliced Turkey w/Gravy Yams Lima Beans Wheat Bread Orange Gelatin Milk Margarine 7/20	Beef Italian Macaroni Parslied Carrots Green Peas Texas Bread Fresh Banana Milk Margarine 7/21	Garlic Rosemary Chicken Garden Vegetable Blend Scalloped Potatoes Mandarin Oranges Dinner Roll Milk Margarine 7/22	Beef Stew Country Potatoes Hot Pineapple Tidbits Dinner Roll Sugar Cookie Milk Margarine 7/23	Baked Meatballs with Brown Gravy Whipped Potatoes Summer Vegetable Blend Wheat Bread Oreo Cookies Milk Margarine 7/24
Creole Steak Green Beans w/Red Peppers Glazed Carrots Texas Bread Chocolate Swirl Pudding Milk Margarine 7/27	Breaded Chicken Patty Fiesta Vegetable Blend Pinto Beans Strawberry Glazed Fruit Hamburger Bun Milk Mayonnaise 7/28	Sausage & Pintos Buttered Rice Mixed Greens Orange Juice Saltine Crackers Fresh Banana Milk Margarine 7/29	Pork Loin w/Onion Gravy Black-eyed Peas Broccoli Dinner Roll Peanut Butter Cookie Milk Margarine 7/30	Chicken A La King Fiesta Vegetables Whole Kernel Corn Saltine Crackers Fig Cookie Milk 7/31

Tammy Kingery, RD, LD

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Northwest Louisiana Consortium

August 2020
Frozen Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Country Fried Steak w/Country Gravy Whipped Potatoes Spinach Wheat Bread Fresh Orange Milk Margarine 8/3	Chicken Salad Carrot Raisin Salad Cherry Gelatin Wheat Bread (2) Fresh Banana Milk 8/4	Pork Riblet Tater Tot Casserole Coleslaw Wheat Bread Hot Applesauce Milk Margarine 8/5	Spinach Cream Chicken Whole Kernel Corn Hot Tropical Fruit Texas Bread Milk Margarine 8/6	Beef Chili with Beans Corn O'Brien Spring Vegetable Blend Wheat Roll Birthday Cake Milk Margarine 8/7
Meatloaf w/Tomato Gravy Whipped Potatoes Green Beans Wheat Bread Lemon Gelatin Milk Margarine 8/10	Smoked Sausage O'Brien Potatoes Peas & Carrots Hot Dog Bun Fresh Banana Milk Mustard 8/11	Beef Patty Lettuce & Tomato Baked Pinto Beans Hot Tropical Fruit Wheat Hamburger Bun Milk Ketchup 8/12	Ham & Kidney Beans Medley Cabbage Hot Sliced Peaches Biscuit Milk Margarine 8/13	Beef Italian Green Beans Venetian Vegetable Blend Cranberry Juice Saltine Crackers Graham Crackers Milk 8/14
Sliced Roast Beef w/Au Jus Whole Kernel Corn Black-eyed Peas Wheat Bread Mandarin Oranges Milk Margarine 8/17	Glazed Pineapple Ham Mixed Greens Hot Pineapple Tidbits Corn Bread Muffin Milk Margarine 8/18	Chicken Alfredo Broccoli Diced Carrots Wheat Roll Fruited Lemon Gelatin Milk Margarine 8/19	Salisbury Steak w/Brown Gravy Ranch Potatoes Green Beans Wheat Bread Chocolate Chip Cookie Milk Margarine 8/20	Confetti Chicken Mashed Spiced Yams Okra & Tomatoes Wheat Bread Rice Krispie Treat Milk Margarine 8/21
BBQ Beef Crispy Cubed Potatoes Spinach Hamburger Bun Seasonal Fruit Milk 8/24	Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Dinner Roll Pineapple Tidbits Milk Margarine 8/25	Pork Roast w/Brown Gravy Broccoli Tuscany Vegetables Texas Bread Fresh Banana Milk Margarine 8/26	Ham w/Raisin Sauce Butter Beans California Vegetable Blend Dinner Roll Oatmeal Cookie Milk Margarine 8/27	Apple Glazed Pork Delmonico Potatoes California Vegetable Blend Wheat Bread Fudge Crème Cookie Milk Margarine 8/28
Sliced Turkey w/Gravy Yams Lima Beans Wheat Bread Orange Gelatin Milk Margarine 8/31				

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September 2020
Frozen Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Beef Italian Macaroni Parslied Carrots Green Peas Texas Bread Fresh Banana Milk Margarine	Garlic Rosemary Chicken Garden Vegetable Blend Scalloped Potatoes Mandarin Oranges Dinner Roll Milk Margarine	Labor Day Meal Beef Frank Crispy Cubed Potatoes Green Beans Hot Dog Bun Fruited Cherry Gelatin Milk Mustard Ketchup	Baked Meatballs with Brown Gravy Whipped Potatoes Summer Vegetable Blend Wheat Bread Birthday Cake Milk Margarine
	9/1	9/2	9/3	9/4
Creole Steak Green Beans w/Red Peppers Glazed Carrots Texas Bread Chocolate Swirl Pudding Milk Margarine	Breaded Chicken Patty Fiesta Vegetable Blend Pinto Beans Strawberry Glazed Fruit Hamburger Bun Milk Mayonnaise	Sausage & Pintos Buttered Rice Mixed Greens Orange Juice Saltine Crackers Fresh Banana Milk Margarine	Pork Loin w/Onion Gravy Black-eyed Peas Broccoli Dinner Roll Peanut Butter Cookie Milk Margarine	Chicken A La King Fiesta Vegetables Whole Kernel Corn Saltine Crackers Fig Cookie Milk
	9/8	9/9	9/10	9/11
Country Fried Steak w/Country Gravy Whipped Potatoes Spinach Wheat Bread Fresh Orange Milk Margarine	Chicken Salad Carrot Raisin Salad Cherry Gelatin Wheat Bread (2) Fresh Banana Milk	Pork Riblet Tater Tot Casserole Coleslaw Wheat Bread Hot Applesauce Milk Margarine	Spinach Cream Chicken Whole Kernel Corn Hot Tropical Fruit Texas Bread Milk Margarine	Beef Chili with Beans Corn O'Brien Spring Vegetable Blend Wheat Roll Gingerbread Cookie Milk Margarine
	9/14	9/15	9/16	9/17
Meatloaf w/Tomato Gravy Whipped Potatoes Green Beans Wheat Bread Lemon Gelatin Milk Margarine	Smoked Sausage O'Brien Potatoes Peas & Carrots Hot Dog Bun Fresh Banana Milk Mustard	Beef Patty Lettuce & Tomato Baked Pinto Beans Hot Tropical Fruit Wheat Hamburger Bun Milk Ketchup	Ham & Kidney Beans Medley Cabbage Hot Sliced Peaches Biscuit Milk Margarine	Beef Italiano Green Beans Venetian Vegetables Saltine Crackers Graham Crackers Milk
	9/21	9/22	9/23	9/24
Sliced Roast Beef w/Au Jus Whole Kernel Corn Black-eyed Peas Wheat Bread Mandarin Oranges Milk Margarine	Glazed Pineapple Ham Mixed Greens Hot Pineapple Tidbits Corn Bread Muffin Milk Margarine	Chicken Alfredo Broccoli Diced Carrots Wheat Roll Fruited Lemon Gelatin Milk Margarine		
	9/28	9/29	9/30	

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