

# NORTHWEST LOUISIANA

APRIL 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
Honey Mustard  
Chicken Patty  
Whole Kernel Corn  
Broccoli  
Wheat Bread  
Butterscotch Pudding  
Milk | Margarine

2  
Smoked Sausage  
Parslied Rice  
Red Kidney Beans  
Orange Juice  
Hot Dog Bun  
Seasonal Fruit  
Milk | Mustard

3  
Cranberry Dijon  
Chicken Thigh  
Rosemary Potatoes  
California Vegetables  
Wheat Roll  
Applesauce  
Milk | Margarine

4  
Ham and White  
Beans  
Stewed Tomatoes  
Tangy Spinach  
Cornbread  
Sugar Cookie  
Milk | Margarine

5  
Sloppy Joe  
O'Brien Potatoes  
Green Beans  
Hamburger Bun  
Frosted Fudge Cake  
Milk

8  
Sausage Jambalaya  
Glazed Carrots  
Calabaza Squash  
Wheat Bread  
Chocolate Swirl  
Pudding  
Milk | Margarine

9  
Hamburger Patty  
Lettuce and Tomato  
Baked Beans  
Hamburger Bun  
Hot Mixed Fruit  
Milk | Mustard

10  
Baked Chicken Breast  
w/Gravy  
Crowder Peas  
Cabbage  
Cornbread  
Seasonal Fruit  
Milk | Margarine

11  
Sliced Turkey Breast  
w/Cranberry Orange  
Sauce  
Garlic Whipped  
Potatoes  
Seasoned Green Beans  
WG Breadstick  
Carnival Cookie  
Milk | Margarine

12  
Meatloaf with Gravy  
Delmonico Potatoes  
Scalloped Tomatoes  
Wheat Roll  
Gingerbread Cookie  
Milk | Margarine

15  
Beef Patty with Peppers  
and Gravy  
Green Peas  
Cut Candied Yams  
Wheat Bread  
Cinnamon Applesauce  
Milk | Margarine

16  
Sliced Ham  
Swiss Cheese  
Cucumber and  
Tomato Salad  
Broccoli Salad  
Wheat Bread (2)  
Cherry Gelatin  
Milk | Mayonnaise

17  
Oven Fried Chicken  
Thigh  
Au Gratin Potatoes  
Green Beans  
Apple Juice  
Dinner Roll  
Seasonal Fruit  
Milk | Margarine

**Easter Meal** 18  
Glazed Ham  
Oven Roasted Potatoes  
Broccoli Cheese  
Casserole  
Dinner Roll  
Strawberry Cake  
w/Cream Cheese Icing  
Milk | Margarine

19  
**Closed for  
Good Friday**

22  
Beef Stroganoff  
Egg Noodles  
Seasoned Green Beans  
Dinner Roll  
Vanilla Pudding  
Milk | Margarine

23  
Chicken Fajitas  
Spanish Rice  
Pinto Beans  
Pineapple Juice  
Flour Tortilla  
Strawberry Gelatin  
Milk | Taco Sauce

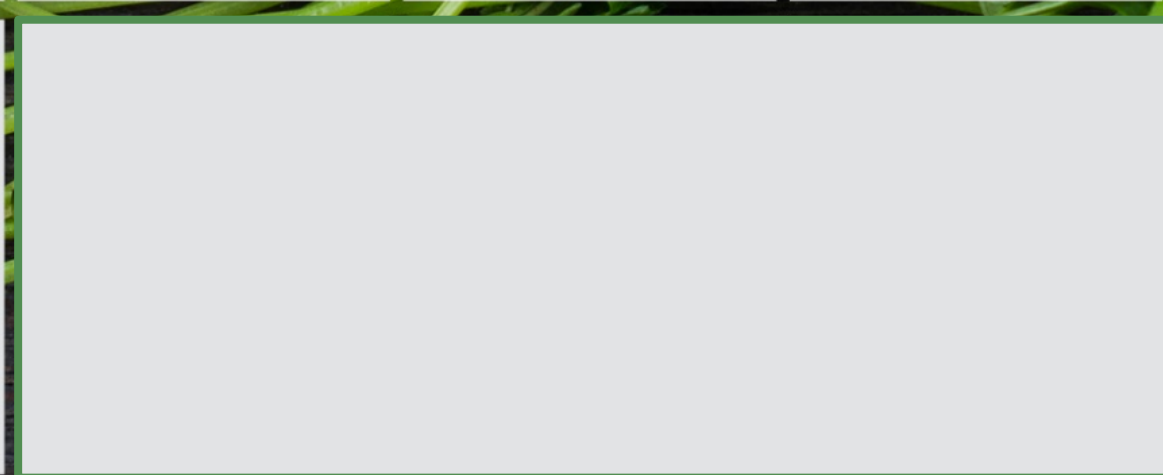
24  
Pork Roast with  
Mushroom Gravy  
Lima Beans  
Collard Greens  
Cornbread  
Seasonal Fruit  
Milk | Margarine

25  
Sliced Turkey Breast  
with Gravy  
Mashed Spiced Yams  
California Vegetables  
Wheat Roll  
Oatmeal Cookie  
Milk | Margarine

26  
Country Fried Steak  
with Gravy  
Garlic Whipped  
Potatoes  
Green Peas  
Dinner Roll  
Frosted Birthday Cake  
Milk | Margarine

29  
BBQ Chicken Breast  
German Potato Salad  
Baked Beans  
Hamburger Bun  
Fruit Cocktail  
Milk

30  
Apple Glazed Pork  
Patty  
Hashbrown Potatoes  
Spinach  
Biscuit  
Seasonal Fruit  
Milk | Margarine



*Tammy Kingery, RD, LD*

Tammy Kingery, RD, LD



# NORTHWEST LOUISIANA

MAY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
Beef Chili with Beans  
Broccoli  
Sliced Carrots  
Saltine Crackers  
Rocky Road Pudding  
Milk

2  
Glazed Ham  
Black-eyed Peas  
Mixed Greens  
Cornbread  
Peanut Butter Cookie  
Milk | Margarine

3  
Creole Steak  
Ranch Potatoes  
Whole Kernel Corn  
Dinner Roll  
Rice Krispie Treat  
Milk | Margarine

6  
Beef Italian Macaroni  
Peas and Carrots  
Cauliflower  
Texas Bread  
Chocolate Pudding  
Milk | Margarine

7  
Oven Fried Chicken  
Thigh  
Au Gratin Potatoes  
Green Beans  
Apple Juice  
Dinner Roll  
Seasonal Fruit  
Milk | Margarine

8  
Sliced Turkey Breast  
American Cheese  
Lettuce and Tomato  
Coleslaw  
Wheat Bread (2)  
Fruited Lime Gelatin  
Milk | Mayonnaise

9  
**Mother's Day Meal**  
Pork Roast with  
Onion Gravy  
Mashed Spiced Yams  
Seasoned Green  
Beans  
Dinner Roll  
Strawberry Shortcake  
Cookie  
Milk | Margarine

10  
Salisbury Beef  
w/Gravy  
Country Potatoes  
Okra & Tomatoes  
Cornbread  
Apple Cinnamon Bar  
Milk | Margarine

13  
Honey Mustard  
Chicken Patty  
Whole Kernel Corn  
Broccoli  
Wheat Bread  
Butterscotch Pudding  
Milk | Margarine

14  
Smoked Sausage  
Parslied Rice  
Red Kidney Beans  
Orange Juice  
Hot Dog Bun  
Seasonal Fruit  
Milk | Mustard

15  
Cranberry Dijon  
Chicken Thigh  
Rosemary Potatoes  
California Vegetables  
Wheat Roll  
Applesauce  
Milk | Margarine

16  
Ham and White  
Beans  
Stewed Tomatoes  
Tangy Spinach  
Cornbread  
Sugar Cookie  
Milk | Margarine

17  
Sloppy Joe  
O'Brien Potatoes  
Green Beans  
Hamburger Bun  
Frosted Fudge Cake  
Milk

20  
Sausage Jambalaya  
Glazed Carrots  
Calabaza Squash  
Wheat Bread  
Chocolate Swirl  
Pudding  
Milk | Margarine

21  
Hamburger Patty  
Lettuce and Tomato  
Baked Beans  
Hamburger Bun  
Hot Mixed Fruit  
Milk | Mustard

22  
Baked Chicken Breast  
w/Gravy  
Crowder Peas  
Cabbage  
Cornbread  
Seasonal Fruit  
Milk | Margarine

23  
**Memorial Day Meal**  
Sausage with Onions  
and Peppers  
Ranch Beans  
Mexican Corn  
Hot Dog Bun  
Carnival Cookie  
Milk | Mustard

24  
Meatloaf with Gravy  
Delmonico Potatoes  
Scalloped Tomatoes  
Wheat Roll  
Gingerbread Cookie  
Milk | Margarine

27  
***Closed for  
Memorial Day***

28  
Oven Fried Chicken  
Thigh  
Au Gratin Potatoes  
Green Beans  
Apple Juice  
Dinner Roll  
Seasonal Fruit  
Milk | Margarine

29  
Sliced Ham  
Swiss Cheese  
Cucumber and  
Tomato Salad  
Broccoli Salad  
Wheat Bread (2)  
Cherry Gelatin  
Milk | Mayonnaise

30  
Sesame Chicken  
Glazed Carrots  
Japanese Vegetables  
WG Breadstick  
Chocolate Chip  
Cookie  
Milk | Margarine

31  
Baked Meatballs with  
Onion Gravy  
Whipped Potatoes  
Whole Kernel Corn  
Wheat Roll  
Frosted Birthday Cake  
Milk | Margarine

*Tammy Kingery, RD, LD*

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# NORTHWEST LOUISIANA

JUNE 2019

*Valley*  
an elior company

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Welcome Summer!

3

Beef Stroganoff  
Egg Noodles  
Seasoned Green Beans  
Dinner Roll  
Vanilla Pudding  
Milk | Margarine

4

Chicken Fajitas  
Spanish Rice  
Pinto Beans  
Pineapple Juice  
Flour Tortilla  
Strawberry Gelatin  
Milk | Taco Sauce

5

Pork Roast  
w/Mushroom Gravy  
Lima Beans  
Collard Greens  
Cornbread  
Seasonal Fruit  
Milk | Margarine

6

Sliced Turkey Breast  
with Gravy  
Mashed Spiced Yams  
California Vegetables  
Wheat Roll  
Oatmeal Cookie  
Milk | Margarine

7

**Picnic Friday**  
Chef Salad  
Summer Vegetable  
Salad  
Cinnamon Applesauce  
Saltine Crackers  
Fudge Crème Cookie  
Milk | Salad Dressing

10

Apple Glazed Pork  
Patty  
Hashbrown Potatoes  
Spinach  
Biscuit  
Seasonal Fruit  
Milk | Margarine

11

Beef Chili with Beans  
Broccoli  
Sliced Carrots  
Saltine Crackers  
Rocky Road Pudding  
Milk

12

Glazed Ham  
Black-eyed Peas  
Mixed Greens  
Cornbread  
Peanut Butter Cookie  
Milk | Margarine

13

**Father's Day Meal**  
BBQ Beef  
Cheesy Potato  
Casserole  
Hawaiian Baked Beans  
Hamburger Bun  
Chocolate Chip Cookie  
Milk

14

**Picnic Friday**  
Tuna Salad  
Pasta Salad  
Cucumber and Tomato  
Salad  
Orange Juice  
Wheat Bread (2)  
Rice Krispie Treat  
Milk

17

Beef Italian Macaroni  
Peas and Carrots  
Cauliflower  
Texas Bread  
Chocolate Pudding  
Milk | Margarine

18

Oven Fried Chicken  
Thigh  
Au Gratin Potatoes  
Green Beans  
Apple Juice  
Dinner Roll  
Seasonal Fruit  
Milk | Margarine

19

Sliced Turkey Breast  
American Cheese  
Lettuce and Tomato  
Coleslaw  
Wheat Bread (2)  
Fruited Lime Gelatin  
Milk | Mayonnaise

20

BBQ Rib Patty  
Baked Beans  
Fiesta Vegetables  
Hamburger Bun  
Strawberry Shortcake  
Cookie  
Milk | Margarine

21

**Picnic Friday**  
Chicken Salad  
Lettuce and Tomato  
Ranch House Tomatoes  
Hamburger Bun  
Apple Cinnamon Bar  
Milk

24

Honey Mustard  
Chicken Patty  
Whole Kernel Corn  
Broccoli  
Wheat Bread  
Butterscotch Pudding  
Milk | Margarine

25

Smoked Sausage  
Parslied Rice  
Red Kidney Beans  
Orange Juice  
Hot Dog Bun  
Seasonal Fruit  
Milk | Mustard

26

Cranberry Dijon  
Chicken Thigh  
Rosemary Potatoes  
California Vegetables  
Wheat Roll  
Applesauce  
Milk | Margarine

27

Ham and White  
Beans  
Stewed Tomatoes  
Tangy Spinach  
Cornbread  
Sugar Cookie  
Milk | Margarine

28

**Picnic Friday**  
Sliced Turkey Breast  
Swiss Cheese  
Carrifruit Salad  
Broccoli and Tomato  
Salad  
Hamburger Bun  
Frosted Birthday Cake  
Milk | Mayonnaise

*Tammy Kingery, RD, LD*

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