



Northwest Louisiana July 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Sliced Ham Pineapple Sauce Mashed Spiced Yams Mixed Greens Cornbread Cherry Gelatin Milk Margarine	Independence Day Meal BBQ Chicken O'Brien Potatoes Baked Beans Hamburger Bun Mississippi Mud Pudding Milk		Closed for Independence Day		Chicken Salad Lettuce & Tomato California Salad Wheat Bread Fudge Crème Cookie Milk			
8		9		10		11		12	
Garlic Rosemary Chicken Chicken Gravy Scalloped Potatoes Butter Beans Wheat Roll Mixed Fruit Milk Margarine	Beef Italian Macaroni Parslied Carrots Green Peas Wheat Bread Orange Gelatin Milk Margarine	Sliced Turkey Breast Turkey Gravy Cut Yams Spinach Wheat Bread Fresh Orange Milk Margarine		Beef Stew Summer Squash and Corn Brussels Sprouts Cornbread Sugar Cookie Milk Margarine		Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Fig Bar Milk Ranch Salad Dressing			
15		16		17		18		19	
Grilled Pork Patty Brown Gravy Macaroni and Cheese Tuscany Vegetables Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mayonnaise Ketchup	Chicken and Sausage Gumbo Buttered Rice Green Beans Cranberry Juice Cornbread Pineapple Tidbits Milk Margarine		Ham with Raisin Sauce Mixed Beans California Vegetables Wheat Bread Oatmeal Cookie Milk Margarine		Sliced Roast Beef Swiss Cheese Lettuce/Tomato/Pickles California Salad Wheat Bread Oreo Cookies Milk Mustard Mayonnaise			
22		23		24		25		26	
Creole Steak Green Bean with Red Pepper Glazed Carrots Wheat Bread Chocolate Chip Pudding Milk Margarine	Sausage and Pintos Buttered Rice Mixed Greens Orange Juice Cornbread Strawberry Glazed Fruit Milk Margarine	Taco Meat Shredded Cheese Fiesta Vegetables Refried Beans Flour Tortilla Seasonal Fruit Milk Taco Sauce		Pork Loin Onion Gravy Black Eyed Peas Collard Greens Wheat Roll Peanut Butter Cookie Milk Margarine		Sliced Turkey Breast American Cheese Lettuce/Tomato/Pickles Tropical Fruit Wheat Bread Birthday Cake Milk Mustard Mayonnaise			
29		30		31					
Country Fried Steak Country Gravy Whipped Potatoes Green Beans and Tomatoes Wheat Bread Rosy Applesauce Milk Margarine	Pork Rib Patty Tater Tot Casserole Coleslaw Wheat Bread Pineapple Cobbler Milk Margarine	Beef Stroganoff Spinach Cauliflower Cornbread Fresh Banana Milk Margarine							

Tammy Kingery, RD, LD

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Northwest Louisiana August 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 2	
						Smoked Sausage Baked Beans Brussels Sprouts Hot Dog Bun Carnival Cookie Milk Mustard Sweet Relish		Sliced Ham Swiss Cheese Lettuce/Tomato/Pickles Venetian Pasta Salad Pineapple Orange Juice Wheat Bread Cinnamon Graham Cookies Milk Mustard Mayonnaise	
5		6		7		8		9	
Meatloaf Tomato Gravy Whipped Potatoes Green Beans Wheat Bread Chocolate Swirl Pudding Milk Margarine		Turkey Breast Brown Gravy Rosemary Potatoes Carrots and Lima Beans Texas Bread Seasonal Fruit Milk Margarine		Beef Patty Lettuce and Tomato Baked Beans Wheat Hamburger Bun Mixed Fruit Cobbler Milk Mustard Ketchup		Ham and White Beans Stewed Tomatoes Medley Cabbage Cornbread Strawberry Shortcake Cookie Milk Margarine		Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pasta Salad Orange Juice Whole Wheat Tortilla Rice Krispies Treat Milk Mustard Mayonnaise	
12		13		14		15		16	
Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine		Sliced Ham Pineapple Sauce Mashed Spiced Yams Mixed Greens Cornbread Cherry Gelatin Milk Margarine		Chicken Alfredo Black-eyed Peas Baby Carrots Wheat Roll Applesauce Milk Margarine		Pizzaiola Beef Patty Whole Kernel Corn Broccoli Texas Bread Chocolate Chip Cookie Milk Margarine		Chicken Salad Lettuce & Tomato California Salad Wheat Bread Fudge Crème Cookie Milk	
19		20		21		22		23	
Garlic Rosemary Chicken Chicken Gravy Scalloped Potatoes Butter Beans Wheat Roll Mixed Fruit Milk Margarine		Beef Italian Macaroni Parslied Carrots Green Peas Wheat Bread Orange Gelatin Milk Margarine		Sliced Turkey Breast Turkey Gravy Cut Yams Spinach Wheat Bread Fresh Orange Milk Margarine		Beef Stew Summer Squash and Corn Brussels Sprouts Cornbread Sugar Cookie Milk Margarine		Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Fig Bar Milk Ranch Salad Dressing	
26		27		28		29		30	
Grilled Pork Patty Brown Gravy Macaroni and Cheese Tuscany Vegetables Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine		Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mayonnaise Ketchup		Chicken and Sausage Gumbo Buttered Rice Green Beans Cranberry Juice Cornbread Pineapple Tidbits Milk Margarine		Labor Day Meal Beef Frank Crispy Cubed Potatoes Pasta Salad Hot Dog Bun Hot Spiced Peaches Milk Mustard Sweet Relish Ketchup		Sliced Roast Beef Swiss Cheese Lettuce/Tomato/Pickles California Salad Wheat Bread Birthday Cake Milk Mustard Mayonnaise	

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Northwest Louisiana September 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Closed for Labor Day		Sausage and Pintos Buttered Rice Mixed Greens Orange Juice Cornbread Strawberry Glazed Fruit Milk Margarine	Taco Meat Shredded Cheese Fiesta Vegetables Refried Beans Flour Tortilla Seasonal Fruit Milk Taco Sauce	Pork Loin Onion Gravy Black Eyed Peas Collard Greens Wheat Roll Peanut Butter Cookie Milk Margarine	Beef Chili with Beans Corn O'Brien Broccoli Wheat Roll Oatmeal Crème Cookie Milk Margarine	9		10	
Country Fried Steak Country Gravy Whipped Potatoes Green Beans and Tomatoes Wheat Bread Rosy Applesauce Milk Margarine	Pork Rib Patty Tater Tot Casserole Coleslaw Wheat Bread Pineapple Cobbler Milk Margarine	Beef Stroganoff Spinach Cauliflower Cornbread Fresh Banana Milk Margarine	Smoked Sausage Baked Beans Brussels Sprouts Hot Dog Bun Carnival Cookie Milk Mustard Sweet Relish	Beef Italiano Whole Kernel Corn Venetian Vegetables Wheat Roll Cinnamon Graham Cookies Milk Margarine	11		12		13
16		17		18		19		20	
Meatloaf Tomato Gravy Whipped Potatoes Green Beans Wheat Bread Chocolate Swirl Pudding Milk Margarine	Turkey Breast Brown Gravy Rosemary Potatoes Carrots and Lima Beans Texas Bread Seasonal Fruit Milk Margarine	Beef Patty Lettuce and Tomato Baked Beans Wheat Hamburger Bun Mixed Fruit Cobbler Milk Mustard Ketchup	Ham and White Beans Stewed Tomatoes Medley Cabbage Cornbread Strawberry Shortcake Cookie Milk Margarine	Confetti Chicken Mashed Sweet Potatoes Okra and Tomatoes Wheat Bread Rice Krispies Treat Milk Margarine	23		24		27
Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Sliced Ham Pineapple Sauce Mashed Spiced Yams Mixed Greens Cornbread Cherry Gelatin Milk Margarine	Chicken Alfredo Black-eyed Peas Baby Carrots Wheat Roll Applesauce Milk Margarine	Pizzaiola Beef Patty Whole Kernel Corn Broccoli Texas Bread Chocolate Chip Cookie Milk Margarine	Apple Glazed Pork Delmonico Potatoes California Vegetables Wheat Bread Birthday Cake Milk Margarine	25		26		27

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