

Northwest Louisiana Consortium
October 2020
Frozen Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Salisbury Steak w/Brown Gravy Ranch Potatoes Green Beans Wheat Bread Chocolate Chip Cookie Milk Margarine	2 Confetti Chicken Mashed Spiced Yams Okra and Tomatoes Wheat Bread Birthday Cake Milk Margarine
	5 Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Strawberry Gelatin Milk Margarine	6 Salisbury Steak w/Gravy Buttered Rice Sliced Carrots Fruit Blend Juice Wheat Bread Seasonal Fruit Milk Margarine	7 Cranberry Dijon Chicken Delmonico Potatoes Green Peas Wheat Bread Lemon Swirl Pudding Milk Margarine	8 Ham & Lima Beans Stewed Tomatoes Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine
12 Swiss Steak Lima Beans Glazed Carrots Wheat Bread Fresh Orange Milk Margarine	13 Parmesan Chicken Penne Pasta Green Beans Apple Juice Wheat Bread Lime Gelatin Milk Margarine	14 Beef Patty Lettuce, Tomato, & Onion Tater Tot Casserole Hamburger Bun Hot Pineapple Tidbits Milk Mustard Ketchup	15 Turkey Breast w/Gravy Mashed Spiced Yams Brussel Sprouts Dinner Roll Oatmeal Cookie Milk Margarine	16 Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Oatmeal Crème Cookie Milk Taco Sauce
19 Meatloaf Brown Gravy Garlic Whipped Potatoes Spinach Wheat Bread Vanilla Pudding Milk Margarine	20 Chicken Gumbo Parslied Rice Green Peas Cranberry Juice Saltine Crackers Fresh Fruit Milk	21 Beef Frank Baked Beans Tater Tots Hot Dog Bun Fresh Orange Milk Mustard	22 Honey Mustard Chicken Cheesy Potatoes Okra and Tomatoes Dinner Roll Sugar Cookie Milk Margarine	23 Beef Meatballs w/Gravy Whipped Potatoes Spring Vegetable Blend Texas Bread Cinnamon Graham Cookies Milk Margarine
26 Smoked Sausage Red Kidney Beans Sliced Carrots Hot Dog Bun Mixed Fruit Milk Mustard	27 Creole Steak Black-eyed Peas Broccoli Wheat Bread Chocolate Chip Pudding Milk Margarine	28 Sloppy Joe Ranch Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin Milk	29 Glazed Ham Mashed Spiced Yams Peas with Red Peppers Biscuit Carnival Cookie Milk Margarine	30 Beef Italiano Corn and Lima Beans Broccoli Wheat Bread Birthday Cake Milk Margarine

Kim Dommert RD, LD

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November 2020

Frozen Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham & White Beans Mixed Greens Harvard Beets Corn Muffin Rocky Road Pudding Milk Margarine	3 Beef and Bean Burrito Sliced Carrots Corn O'Brien Cinnamon Applesauce Milk Taco Sauce	4 BBQ Chicken Breast Baked Beans Tuscan Vegetables Wheat Bread Pineapple Tidbits Milk Margarine	5 Pork Roast Raisin Sauce Lima Beans Broccoli Wheat Bread Peanut Butter Cookie Milk Margarine	6 Beef Chili w/Beans Crispy Cubed Potatoes Shredded Cheese Whole Kernel Corn Wheat Bread Rice Krispie Treat Milk Margarine
9 Beef Frank Baked Beans Coleslaw Hot Dog Bun Peach Cobbler Milk Mustard	10 Lemon Pepper Chicken Chicken Gravy Country Potatoes Creole Green Beans Wheat Bread Applesauce Milk Margarine	11 Beef Chili w/Beans Buttered Rice California Vegetable Blend Apple Juice Saltine Crackers Banana Pudding Milk	12 BBQ Pork Rib Patty Ranch Beans Stewed Tomatoes Hamburger Bun Sugar Cookie Milk	13 Baked Meatballs Tomato Sauce Spaghetti Noodles Green Beans Cauliflower Wheat Bread Oatmeal Creme Cookie Milk Margarine
16 Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Strawberry Gelatin Milk Margarine	17 Salisbury Steak w/Gravy Buttered Rice Sliced Carrots Fruit Blend Juice Wheat Bread Seasonal Fruit Milk Margarine	18 Cranberry Dijon Chicken Delmonico Potatoes Green Peas Wheat Bread Lemon Swirl Pudding Milk Margarine	19 Ham & Lima Beans Stewed Tomatoes Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine	20 Country Fried Steak Country Gravy Garlic Whipped Potatoes Peas & Carrots Dinner Roll Rice Krispie Treat Milk Margarine
23 Swiss Steak Lima Beans Glazed Carrots Wheat Bread Fresh Orange Milk Margarine	24 Parmesan Chicken Penne Pasta Green Beans Apple Juice Wheat Bread Lime Gelatin Milk Margarine	25 Thanksgiving Turkey Breast w/Gravy Cranberry Sauce Mashed Spiced Yams Green Beans w/Red Peppers Dinner Roll Carrot Raisin Cake Milk Margarine	26 Turkey Breast w/Gravy Mashed Spiced Yams Brussel Sprouts Dinner Roll Oatmeal Cookie Milk Margarine	27 Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Birthday Cake Milk Taco Sauce
30 Meatloaf Brown Gravy Garlic Whipped Potatoes Spinach Wheat Bread Vanilla Pudding Milk Margarine				 <p>TRIO Community Meals an elior company</p>

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December 2020

Frozen Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Gumbo Parslied Rice Green Peas Cranberry Juice Saltine Crackers Fresh Fruit Milk	2 Beef Frank Baked Beans Tater Tots Hot Dog Bun Fresh Orange Milk Mustard	3 Honey Mustard Chicken Cheesy Potatoes Okra and Tomatoes Dinner Roll Sugar Cookie Milk Margarine	4 Beef Meatballs w/Gravy Whipped Potatoes Spring Vegetable Blend Texas Bread Cinnamon Graham Cookies Milk Margarine
7 Smoked Sausage Red Kidney Beans Sliced Carrots Hot Dog Bun Mixed Fruit Milk Mustard	8 Creole Steak Black-eyed Peas Broccoli Wheat Bread Chocolate Chip Pudding Milk Margarine	9 Sloppy Joe Ranch Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin Milk	10 Glazed Ham Mashed Spiced Yams Peas with Red Peppers Biscuit Carnival Cookie Milk Margarine	11 Beef Italiano Corn and Lima Beans Broccoli Wheat Bread Fudge Creme Cookie Milk Margarine
14 Ham & White Beans Mixed Greens Harvard Beets Corn Muffin Rocky Road Pudding Milk Margarine	15 Beef and Bean Burrito Sliced Carrots Corn O'Brien Cinnamon Applesauce Milk Taco Sauce	16 BBQ Chicken Breast Baked Beans Tuscan Vegetables Wheat Bread Pineapple Tidbits Milk Margarine	17 Pork Roast Raisin Sauce Lima Beans Broccoli Wheat Bread Peanut Butter Cookie Milk Margarine	18 Chicken Cacciatore Cream Style Corn Green Bean w/Red Peppers Wheat Bread Rice Krispie Treat Milk Margarine
21 Beef Frank Baked Beans Coleslaw Hot Dog Bun Peach Cobbler Milk Mustard	22 Lemon Pepper Chicken Chicken Gravy Country Potatoes Creole Green Beans Wheat Bread Applesauce Milk Margarine	23 Christmas Roast Beef w/Gravy Whipped Potatoes Green Peas Dinner Roll Applesauce Cake Milk Margarine	24 BBQ Pork Rib Patty Ranch Beans Stewed Tomatoes Hamburger Bun Sugar Cookie Milk	25 Baked Meatballs Tomato Sauce Spaghetti Noodles Green Beans Cauliflower Wheat Bread Birthday Cake Milk Margarine
28 Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Strawberry Gelatin Milk Margarine	29 Salisbury Steak w/Gravy Buttered Rice Sliced Carrots Fruit Blend Juice Wheat Bread Seasonal Fruit Milk Margarine	30 New Year's Day Sliced Ham Red Eye Gravy Black-eyed Peas Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine	31 Ham & Lima Beans Stewed Tomatoes Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine	 <p>TRIO Community Meals an elior company</p>

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