

NORTHWEST LOUISIANA

OCTOBER 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Beef Hot Dog Baked Beans Whole Kernel Corn Hot Dog Bun Fresh Orange Milk Mustard</p>	<p>2</p> <p>Lemon Pepper Chicken Chicken Gravy Country Potatoes Creole Green Beans Wheat Roll Applesauce Milk Margarine</p>	<p>3</p> <p>Beef Chili with Beans Buttered Rice California Vegetables Apple Juice Saltine Crackers Banana Pudding with Vanilla Wafers Milk</p>	<p>4</p> <p>Country Fried Steak Country Gravy Garlic Whipped Potatoes Peas and Carrots Cornbread Strawberry Shortcake Cookie Milk Margarine</p>	<p>5</p> <p>Pork Rib Patty Ranch Beans Collard Greens Hamburger Bun Oreo Cookies Milk</p>
<p>8</p> <p>Chicken and Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Strawberry Gelatin Milk Margarine</p>	<p>9</p> <p>Salisbury Steak Buttered Rice Squash and Zucchini Fruit Blend Juice Whole Grain Breadstick Seasonal Fruit Milk Margarine</p>	<p>10</p> <p>Cranberry Dijon Chicken Green Peas Cauliflower and Carrots Wheat Bread Lemon Swirl Pudding Milk Margarine</p>	<p>11</p> <p>Sliced Ham Northern Beans Broccoli with Cheese Cornbread Chocolate Chip Cookie Milk Margarine</p>	<p>12</p> <p>Taco Meat Pinto Beans Fiesta Vegetables Flour Tortilla Banana Moonpie Milk Taco Sauce</p>
<p>15</p> <p>Swiss Steak Lima Beans Glazed Carrots Wheat Bread Fresh Orange Milk Margarine</p>	<p>16</p> <p>Pork Roast Mushroom Gravy Parslied Potatoes Mixed Vegetables Wheat Bread Lime Gelatin Milk Margarine</p>	<p>17</p> <p>Hamburger Patty Lettuce and Tomato Tater Tot Casserole Hamburger Bun Mixed Fruit Cobbler Milk Mayonnaise Ketchup</p>	<p>18</p> <p>Parmesan Chicken Spinach Broccoli and Cauliflower Cornbread Oatmeal Cookie Milk Margarine</p>	<p>19</p> <p>Meatballs with Gravy Whipped Potatoes Spring Vegetables Texas Bread Cinnamon Graham Cookies Milk Margarine</p>
<p>22</p> <p>Meatloaf Brown Gravy Garlic Whipped Potatoes Green Peas Wheat Bread Vanilla Pudding Milk Margarine</p>	<p>23</p> <p>Chicken Gumbo Parslied Rice Whole Kernel Corn Cranberry Juice Saltine Crackers Fresh Fruit Milk</p>	<p>24</p> <p>Sliced Turkey Breast with Gravy Cut Yams Crowder Peas Dinner Roll Cherry Gelatin Milk Margarine</p>	<p>25</p> <p>Beef Italiano Succotash Broccoli Texas Bread Sugar Cookie Milk Margarine</p>	<p>26</p> <p>Honey Mustard Chicken Cheesy Potatoes Okra and Tomatoes Cornbread Frosted Birthday Cake Milk Margarine</p>
<p>29</p> <p>Sloppy Joe Ranch Whipped Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin Milk</p>	<p>30</p> <p>Creole Steak Black-Eyed Peas Cabbage Biscuit Fresh Fruit Milk Margarine</p>	<p>31</p> <p>Halloween Meal Breaded Chicken Patty Tiny Whole Potatoes Coleslaw Hamburger Bun Peach Cobbler Milk</p>		

Lauren McDavid RD LD

Lauren McDavid, RD, LD

NORTHWEST LOUISIANA

NOVEMBER 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Chicken Cacciatore Country Corn Green Beans with Red Peppers Wheat Roll Carnival Cookie Milk Margarine</p>	<p>2</p> <p>Glazed Ham Mashed Spiced Yams Green Peas with Red Peppers Cornbread Nuttty Buddy Bar Milk Margarine</p>
<p>5</p> <p>Meatballs with Spaghetti Sauce Spaghetti Noodles Green Beans Orange Juice Whole Grain Breadstick Butterscotch Pudding Milk Margarine</p>	<p>6</p> <p>Hamburger Patty Lettuce and Tomato Tater Gems Hamburger Bun Hot Cinnamon Applesauce Milk Mustard Ketchup</p>	<p>7</p> <p>BBQ Chicken Thigh Corn O'Brien Brussels Sprouts Wheat Bread Mandarin Oranges Milk Margarine</p>	<p>8</p> <p>Pork Roast with Raisin Sauce Lima Beans Broccoli and Cauliflower Wheat Roll Peanut Butter Cookie Milk Margarine</p>	<p>9</p> <p>Beef Stew Twice Whipped Potatoes Spinach Cornbread Oatmeal Crème Cookie Milk Margarine</p>
<p>12</p> <p>Beef Hot Dog Baked Beans Whole Kernel Corn Hot Dog Bun Fresh Orange Milk Mustard</p>	<p>13</p> <p>Lemon Pepper Chicken Chicken Gravy Country Potatoes Creole Green Beans Wheat Roll Applesauce Milk Margarine</p>	<p>14</p> <p>Beef Chili with Beans Buttered Rice California Vegetables Apple Juice Saltine Crackers Banana Pudding with Vanilla Wafers Milk Margarine</p>	<p>15</p> <p>Country Fried Steak Country Gravy Garlic Whipped Potatoes Peas and Carrots Cornbread Strawberry Shortcake Cookie Milk Margarine</p>	<p>16</p> <p>Pork Rib Patty Ranch Beans Collard Greens Hamburger Bun Oreo Cookies Milk</p>
<p>19</p> <p>Chicken and Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Strawberry Gelatin Milk Margarine</p>	<p>20</p> <p>Salisbury Steak Buttered Rice Squash and Zucchini Fruit Blend Juice Whole Grain Breadstick Seasonal Fruit Milk Margarine</p>	<p>21</p> <p>Thanksgiving Meal Turkey Breast w/Gravy Cornbread Dressing Sweet Potato Casserole Fruit Blend Juice Dinner Roll Ambrosia Salad Milk Margarine Cranberry Sauce</p>	<p>22</p> <p>Closed for Holiday</p>	<p>23</p> <p>Closed for Holiday</p>
<p>26</p> <p>Swiss Steak Lima Beans Glazed Carrots Wheat Bread Fresh Orange Milk Margarine</p>	<p>27</p> <p>Pork Roast Mushroom Gravy Parslied Potatoes Mixed Vegetables Wheat Bread Lime Gelatin Milk Margarine</p>	<p>28</p> <p>Hamburger Patty Lettuce and Tomato Tater Tot Casserole Hamburger Bun Mixed Fruit Cobbler Milk Mayonnaise Ketchup</p>	<p>29</p> <p>Parmesan Chicken Spinach Broccoli and Cauliflower Cornbread Oatmeal Raisin Cookie Milk Margarine</p>	<p>30</p> <p>Meatballs with Gravy Whipped Potatoes Spring Vegetables Texas Bread Frosted Birthday Cake Milk Margarine</p>

Lauren McDavid RD LD

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NORTHWEST LOUISIANA

DECEMBER 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	Meatloaf Brown Gravy Garlic Whipped Potatoes Green Peas Wheat Bread Vanilla Pudding Milk Margarine	4	Chicken Gumbo Parslied Rice Whole Kernel Corn Cranberry Juice Saltine Crackers Fresh Fruit Milk	5	Sliced Turkey Breast with Gravy Cut Yams Crowder Peas Dinner Roll Cherry Gelatin Milk Margarine	6	Beef Italiano Succotash Broccoli Texas Bread Sugar Cookie Milk Margarine	7	Honey Mustard Chicken Cheesy Potatoes Okra and Tomatoes Cornbread Fudge Crème Cookie Milk Margarine
10	Sloppy Joe Ranch Whipped Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin Milk	11	Creole Steak Black-Eyed Peas Cabbage Biscuit Fresh Fruit Milk Margarine	12	Smoked Sausage Red Kidney Beans Broccoli Hot Dog Bun Chocolate Chip Pudding Milk Margarine Mustard	13	Chicken Cacciatore Country Corn Green Beans with Red Peppers Wheat Roll Carnival Cookie Milk Margarine	14	Glazed Ham Mashed Spiced Yams Seasoned Green Peas Cornbread Nutty Buddy Bar Milk Margarine
17	Meatballs with Spaghetti Sauce Spaghetti Noodles Green Beans Orange Juice Whole Grain Breadstick Butterscotch Pudding Milk Margarine	18	Hamburger Patty Lettuce and Tomato Tater Gems Hamburger Bun Cinnamon Applesauce Milk Mustard Ketchup	19	BBQ Chicken Thigh Corn O'Brien Brussels Sprouts Wheat Bread Mandarin Oranges Milk Margarine	20	Pork Roast with Raisin Sauce Lima Beans Broccoli and Cauliflower Wheat Roll Peanut Butter Cookie Milk Margarine	21	Christmas Meal Glazed Ham Sweet Potato Casserole Brussels Sprouts Dinner Roll Pineapple Upside Down Cake Milk Margarine
24	Closed for Holiday	25	Closed for Holiday	26	Beef Chili with Beans Buttered Rice California Vegetables Apple Juice Saltine Crackers Banana Pudding with Vanilla Wafers Milk	27	Country Fried Steak Country Gravy Garlic Whipped Potatoes Peas and Carrots Cornbread Strawberry Shortcake Cookie Milk Margarine	28	New Year's Day Meal Pork Loin Black-Eyed Peas Cabbage Cornbread Frosted Birthday Cake Milk Margarine
31	Closed for Holiday								

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