Northwest Louisiana Consortium Frozen Menu July 2021

A REAL PROPERTY AND A REAL				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Community Meals			Barbecue Chicken O'Brien Potatoes Baked Beans Hamburger Bun Carnival Cookie	Swedish Meatballs Cheesy Whipped Potatoes Green Peas Dinner Roll Birthday Cake
an elior company			Milk	Milk Margarine
5	6	7	8	
Closed for Holiday	Chicken Salad Lettuce Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	Sliced Ham Butter Beans Cabbage Corn Muffin Fruited Lemon Gelatin Milk Margarine	Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Dinner Roll Oatmeal Cookie Milk Margarine	Ham and White Beans Stewed Tomatoes Tangy Spinach Corn Muffin Rice Krispie Treat Milk Margarine
12	13	14	15	16
BBQ Beef Crispy Cubed Potatoes Broccoli Hamburger Bun Seasonal Fruit Milk	Chicken Alfredo Whole Kernel Corn Diced Carrots Texas Bread Fresh Banana Milk Margarine	Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Saltine Crackers Pineapple Tidbits Milk Margarine	Pork Roast Brown Gravy Spinach Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine	Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Fudge Creme Cookie Milk Margarine
19	20	21	22	23
Sliced Turkey Breast Turkey Gravy Cut Yams Green Beans w/Red Peppers Wheat Bread Vanilla Pudding Milk Margarine	Beef Italian Macaroni Parslied Carrots Green Peas Texas Bread Seasonal Fruit Milk Margarine	Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Cherry Gelatin Milk Ranch Dressing	Beef Stew Country Potatoes Brussel Sprouts Dinner Roll Sugar Cookie Milk Margarine	Swiss Steak Brown Gravy Whipped Potatoes Summer Vegetables Wheat Bread Oreo Cookies Milk Margarine
26 Craela Steak	27 Broaded Chickon Datty	28	29	30 Chickon A La King
Creole Steak Green Beans Glazed Carrots Texas Bread Banana Pudding w/Wafers Milk Margarine	Breaded Chicken Patty Scalloped Potatoes Fiesta Vegetables Hamburger Bun Seasonal Fruit Milk Mayonnaise	Sausage and Pinto Beans Steamed Rice Spinach Orange Juice Corn Muffin Orange Gelatin Milk	Herb Crusted Pork Onion Gravy Black-eyed Peas Broccoli Dinner Roll Peanut Butter Cookie Milk	Chicken A La King Fiesta Vegetables Whole Kernel Corn Wheat Bread Birthday Cake Milk Margarine
		Margarine	Margarine	

Kim Demmest RD, LD

Kim Dommert, RD, LD

Northwest Louisiana Consortium Frozen Menu August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pineapple Glazed Ham	Vegetable Bean Stew	Beef Patty	Pork Rib Patty	Beef Chili with Beans
Scalloped Potatoes	Brussel Sprouts	Lettuce Tomato	Tater Tot Casserole	Corn O'Brien
Broccoli	Whole Kernel Corn	Baked Beans	Fiesta Vegetables	Spring Vegetables
Dinner Roll	Wheat Bread	Wheat Hamburger Bun	Wheat Bread	Saltine Crackers
Mississippi Mud Pudding	Seasonal Fruit	Hot Spiced Fruit	Oatmeal Cookie	Oatmeal Creme Cookie
Milk	Milk	Milk	Milk	Milk
Margarine	Margarine	Ketchup	Margarine	Margarine
9	10	11	12	13
Meatloaf	Smoked Sausage	Sliced Turkey Breast	Ham and White Beans	Beef Italiano
Tomato Gravy	O'Brien Potatoes	Swiss Cheese	Okra and Tomatoes	Parslied Carrots
Whipped Potatoes	Peas and Carrots	Lettuce Tomato	Cabbage	Venetian Vegetables
Green Beans	Hot Dog Bun	Carrot Slaw	Corn Muffin	Texas Bread
Wheat Bread	Seasonal Fruit	Wheat Bread (2)	Carnival Cookie	Graham Crackers
Chocolate Coconut Pudding	Milk	Lime Gelatin	Milk	Milk
Milk	Mustard Ketchup	Milk	Margarine	Margarine
Margarine	47	Mayonnaise	10	20
16 Sliced Roast Beef	17 Chielen Calad	18 Sliced Ham		20
	Chicken Salad		Garlic Rosemary Chicken	Confetti Chicken
Au Jus Gravy Whole Kernel Corn	Lettuce Tomato Green Pea Salad	Butter Beans Cabbage	Chicken Gravy Peas and Carrots	Garlic Whipped Potatoes Broccoli
		Corn Muffin		Wheat Bread
Black-eyed Peas Wheat Bread	Wheat Bread (2) Seasonal Fruit	Fruited Lemon Gelatin	California Vegetables Dinner Roll	Fudge Creme Cookie
Mandarin Oranges	Milk	Milk	Oatmeal Cookie	Milk
Milk	WIIK	Margarine	Milk	Margarine
Margarine		Wargarine	Margarine	Wargarine
23	24	25	26	27
BBQ Beef	Chicken Alfredo	Chicken Gumbo	Pork Roast	Salisbury Beef
Crispy Cubed Potatoes	Whole Kernel Corn	Buttered Rice	Brown Gravy	Brown Gravy
Broccoli	Diced Carrots	Green Beans	Spinach	Ranch Potatoes
Hamburger Bun	Texas Bread	Cranberry Juice	Cauliflower	Green Beans
Seasonal Fruit	Fresh Banana	Saltine Crackers	Wheat Bread	Wheat Bread
Milk	Milk	Pineapple Tidbits	Chocolate Chip Cookie	Fudge Creme Cookie
	Margarine	Milk	Milk	Milk
	C C	Margarine	Margarine	Margarine
30	31			
Sliced Turkey Breast	Beef Italian Macaroni			
Turkey Gravy	Parslied Carrots			
Cut Yams	Green Peas			TRIO
Green Beans w/Red Peppers	Texas Bread			
Wheat Bread	Seasonal Fruit			Community Meals
Vanilla Pudding	Milk			an elior company
Milk	Margarine			on coor company
Margarine	initia garine			
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Kim Demmest RD, LD

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Northwest Louisiana Consortium Frozen Menu September 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chef Salad	Beef Frank	Swiss Steak
		Cucumber Tomato Salad	Cheesy Potatoes	Brown Gravy
		Fluffy Fruit Salad	Green Beans w/Red Peppers	Whipped Potatoes
		Saltine Crackers	Hot Dog Bun	Summer Vegetables
		Cherry Gelatin	Fresh Orange	Wheat Bread
		Milk	Milk	Birthday Cake
		Ranch Dressing	Mustard Ketchup	Milk
		-		Margarine
6	7	8	9	10
	Breaded Chicken Patty	Sausage and Pinto Beans	Herb Crusted Pork	Chicken A La King
	Scalloped Potatoes	Steamed Rice	Onion Gravy	Fiesta Vegetables
Closed for Holiday	Fiesta Vegetables	Spinach	Black-eyed Peas	Whole Kernel Corn
	Hamburger Bun	Orange Juice	Broccoli	Wheat Bread
	Seasonal Fruit	Corn Muffin	Dinner Roll	Rice Krispie Treat
	Milk	Orange Gelatin	Peanut Butter Cookie	Milk
	Mayonnaise	Milk	Milk	Margarine
	,	Margarine	Margarine	, C
13	14	15	16	17
Pineapple Glazed Ham	Vegetable Bean Stew	Beef Patty	Pork Rib Patty	Beef Chili with Beans
Scalloped Potatoes	Brussel Sprouts	Lettuce Tomato	Tater Tot Casserole	Corn O'Brien
Broccoli	Whole Kernel Corn	Baked Beans	Fiesta Vegetables	Spring Vegetables
Dinner Roll	Wheat Bread	Wheat Hamburger Bun	Wheat Bread	Saltine Crackers
Mississippi Mud Pudding	Seasonal Fruit	Hot Spiced Fruit	Oatmeal Cookie	Oatmeal Creme Cookie
Milk	Milk	Milk	Milk	Milk
Margarine	Margarine	Ketchup	Margarine	Margarine
20	21	22	23	24
Meatloaf	Smoked Sausage	Sliced Turkey Breast	Ham and White Beans	Beef Italiano
Tomato Gravy	O'Brien Potatoes	Swiss Cheese	Okra and Tomatoes	Parslied Carrots
Whipped Potatoes	Peas and Carrots	Lettuce Tomato	Cabbage	Venetian Vegetables
Green Beans	Hot Dog Bun	Carrot Slaw	Corn Muffin	Texas Bread
Wheat Bread	Seasonal Fruit	Wheat Bread (2)	Carnival Cookie	Graham Crackers
Chocolate Coconut Pudding	Milk	Lime Gelatin	Milk	Milk
Milk	Mustard Ketchup	Milk	Margarine	Margarine
Margarine		Mayonnaise	_	-
27	28	29	30	
Sliced Roast Beef	Chicken Salad	Sliced Ham	Garlic Rosemary Chicken	
Au Jus Gravy	Lettuce Tomato	Butter Beans	Chicken Gravy	
Whole Kernel Corn	Green Pea Salad	Cabbage	Peas and Carrots	
Black-eyed Peas	Wheat Bread (2)	Corn Muffin	California Vegetables	
Wheat Bread	Seasonal Fruit	Fruited Lemon Gelatin	Dinner Roll	Community Meals
Mandarin Oranges	Milk	Milk	Oatmeal Cookie	an elior company
Milk		Margarine	Milk	
Margarine			Margarine	

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