Northwest Louisiana Consortium

Frozen Menu January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	
Salisbury Steak	Beef Jardinine	Sausage and Pinto Beans	Baked Chicken	Taco Meat
Parslied Rice	Lima Beans	Buttered Rice	Chicken Gravy	Pinto Beans
Glazed Carrots	Stewed Tomatoes	Cabbage	Northern Beans	Fiesta Vegetable Blend
Orange Juice	Texas Bread	Apple Juice	California Vegetable Blend	Flour Tortilla
Wheat Bread	Seasonal Fruit	Corn Muffin	Wheat Bread	Fudge Crème Cookie
Marble Pudding	Milk	Rocky Road Pudding	Oatmeal Cookie	Milk
Milk	Margarine	Milk	Milk	Taco Sauce
	Warganne			Taco Sauce
Margarine 10	11	Margarine 12	Margarine 13	
Pineapple Chicken	Spaghetti Casserole	Pork Rib Patty	Country Fried Steak	Pork Loin Piccata
			-	
Fried Rice	Chuckwagon Corn	Baked Beans	Country Gravy	Garlic Whipped Potatoe
Ginger Carrots	Brussel Sprouts	Coleslaw	Whipped Potatoes	Green Peas
Cranberry Juice	Texas Bread	Hot Applesauce	Green Beans	Wheat Bread
Wheat Bread	Seasonal Fruit	Hamburger Bun	Biscuit	Rice Krispie Treat
Fortune Cookie	Milk	Milk	Carnival Cookie	Milk
Milk	Margarine		Milk	Margarine
Margarine			Margarine	
17	18	19	20	
Taco Meat	Chili with Beans	Confetti Chicken	Smoked Sausage	Lemon Pepper Chicken
Pinto Beans	Whole Kernel Corn	Black-eyed Peas	Lima Beans	Chicken Gravy
Fiesta Vegetable Blend	Green Beans	Spinach	Stewed Tomatoes	Mixed Vegetables
Flour Tortilla	Saltine Crackers	Dinner Roll	Hot Dog Bun	Broccoli
Chocolate Chip Pudding	Pineapple Tidbits	Orange Gelatin	Chocolate Chip Cookie	Dinner Roll
Milk	Milk	Milk	Milk	Fudge Creme Cookie
Taco Sauce		Margarine	Mustard	Milk
		Wargarine	Wastara	Margarine
24	25	26	27	
Swedish Meatballs	Ham and Northern Beans	Chicken Cacciatore	Beef Patty	Sliced Turkey Breast
Whipped Potatoes	Parslied Carrots	Penne Pasta	Baked Beans	Chicken Gravy
Green Peas	Cabbage	Italian Vegetable Blend	Broccoli	Cut Yams
Wheat Bread	Corn Muffin	-	Wheat Hamburger Bun	Mustard Greens
		Cranberry Juice	Sugar Cookie	
Chocolate Pudding	Concorol Fruit	Dinner Dell		Corn Muffin
N 4:11.	Seasonal Fruit	Dinner Roll	•	
Milk	Milk	Cherry Gelatin	Milk	Oatmeal Creme Cookie
Milk Margarine			•	Milk
Margarine	Milk	Cherry Gelatin	Milk	
Margarine 31	Milk	Cherry Gelatin	Milk	Milk
Margarine 31 Sliced Ham	Milk	Cherry Gelatin	Milk	Milk
Margarine 31 Sliced Ham Cut Yams	Milk	Cherry Gelatin	Milk Mustard	Milk Margarine
Margarine 31 Sliced Ham Cut Yams Green Beans	Milk	Cherry Gelatin	Milk Mustard	Milk Margarine
Margarine 31 Sliced Ham Cut Yams Green Beans Dinner Roll	Milk	Cherry Gelatin	Milk Mustard	Milk Margarine
Margarine 31 Sliced Ham Cut Yams Green Beans	Milk	Cherry Gelatin	Milk Mustard	Milk Margarine
Margarine 31 Sliced Ham Cut Yams Green Beans Dinner Roll	Milk	Cherry Gelatin	Milk Mustard	Milk Margarine
Margarine 31 Sliced Ham Cut Yams Green Beans Dinner Roll Lime Gelatin	Milk	Cherry Gelatin	Milk Mustard	Milk Margarine

Kim Dommest RD, LD

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Northwest Louisiana Consortium

Frozen Menu February 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Creole Steak	Chicken Gumbo	Pork Roast	Beef Italian Macaroni
	Black-eyed Peas	White Rice	Onion Gravy	Whole Kernel Corn
	Garden Vegetable Blend	Okra and Tomatoes	Ranch Potatoes	California Vegetable Blend
	Wheat Bread	Orange Juice	Herbed Green Peas	Wheat Bread
	Seasonal Fruit	Saltine Crackers	Wheat Bread	Birthday Cake
	Milk	Orange Gelatin	Peanut Butter Cookie	Milk
	Margarine	Milk	Milk	Margarine
			Margarine	
7	8	9	10	11
Beef and Bean Burrito	Meatballs with Gravy	Beef Frank	Garlic Rosemary Chicken	Swiss Steak
Mexican Rice	Parslied Potatoes	Baked Beans	Chicken Gravy	Twice Whipped Potatoes
Whole Kernel Corn	Peas and Carrots	Succotash	Rosemary Potatoes	Lima Beans
Cranberry Juice	Wheat Bread	Hot Dog Bun	Broccoli	Dinner Roll
Chocolate Swirl Pudding	Seasonal Fruit	Fresh Orange	Dinner Roll	Fudge Creme Cookie
Milk	Milk	Milk	Sugar Cookie	Milk
Taco Sauce	Margarine	Mustard	Milk	Margarine
	-		Margarine	
14	15	16	17	18
Parmesan Chicken	Beef Jardinine	Sausage and Pinto Beans	Baked Chicken	Meatloaf
Broccoli	Lima Beans	Buttered Rice	Chicken Gravy	Brown Gravy
Carrots	Stewed Tomatoes	Cabbage	Northern Beans	Garlic Whipped Potatoes
Texas Bread	Texas Bread	Apple Juice	California Vegetable Blend	Green Beans
Red Velvet Cookie	Seasonal Fruit	Corn Muffin	Wheat Bread	Wheat Bread
Milk	Milk	Rocky Road Pudding	Oatmeal Cookie	Oatmeal Creme Cookie
Margarine		Milk	Milk	Milk
-	Margarine			
	Margarine		Margarine	Margarine
21	Margarine 22	Margarine 23	Margarine 24	1
21 Pineapple Chicken		Margarine		1
	22	Margarine 23	24	2:
Pineapple Chicken	22 Spaghetti Casserole	Margarine 23 Pork Rib Patty	24 Country Fried Steak	25 Pork Loin Piccata
Pineapple Chicken Fried Rice	22 Spaghetti Casserole Chuckwagon Corn	Margarine 23 Pork Rib Patty Baked Beans	24 Country Fried Steak Country Gravy	25 Pork Loin Piccata Garlic Whipped Potatoes
Pineapple Chicken Fried Rice Ginger Carrots	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts	Margarine 23 Pork Rib Patty Baked Beans Coleslaw	24 Country Fried Steak Country Gravy Whipped Potatoes	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine 28	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk	2! Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine 28 Taco Meat	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk Margarine	2! Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk Margarine
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine 28 Taco Meat Pinto Beans	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk Margarine	2! Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk Margarine
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine 28 Taco Meat Pinto Beans Fiesta Vegetable Blend	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk Margarine	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk Margarine
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine 28 Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk Margarine	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk Margarine
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine 28 Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Chocolate Chip Pudding	22 Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk	Margarine 23 Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun	24 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk Margarine	25 Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk Margarine

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Kim Dommert, RD, LD

Northwest Louisiana Consortium Frozen Menu March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chili with Beans Whole Kernel Corn Green Beans Saltine Crackers Pineapple Tidbits Milk	Confetti Chicken Black-eyed Peas Spinach Dinner Roll Orange Gelatin Milk Margarine	Smoked Sausage Lima Beans Stewed Tomatoes Hot Dog Bun Chocolate Chip Cookie Milk Mustard	Lemon Pepper Chicken Chicken Gravy Mixed Vegetables Broccoli Dinner Roll Birthday Cake Milk Margarine
7	8	9	10	11
Swedish Meatballs Whipped Potatoes Green Peas Wheat Bread Chocolate Pudding Milk Margarine	Ham and Northern Beans Parslied Carrots Cabbage Corn Muffin Seasonal Fruit Milk Margarine	Chicken Cacciatore Penne Pasta Italian Vegetable Blend Cranberry Juice Dinner Roll Cherry Gelatin Milk	Beef Patty Baked Beans Broccoli Wheat Hamburger Bun Sugar Cookie Milk Mustard	Sliced Turkey Breast Chicken Gravy Cut Yams Mustard Greens Corn Muffin Oatmeal Creme Cookie Milk Margarine
14	15	16		18
Sliced Ham Cut Yams Green Beans Dinner Roll Lime Gelatin Milk Margarine	Creole Steak Black-eyed Peas Garden Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Chicken Gumbo White Rice Okra and Tomatoes Orange Juice Saltine Crackers Orange Gelatin Milk	Beef Stew Parslied Potatoes Cabbage Dinner Roll Peanut Butter Cookie Milk Margarine	Beef Italian Macaroni Whole Kernel Corn California Vegetable Blend Wheat Bread Rice Krispie Treat Milk Margarine
21	22	23		25
Beef and Bean Burrito Mexican Rice Whole Kernel Corn Cranberry Juice Chocolate Swirl Pudding Milk Taco Sauce 28	Meatballs with Gravy Parslied Potatoes Peas and Carrots Wheat Bread Seasonal Fruit Milk Margarine 29	Beef Frank Baked Beans Succotash Hot Dog Bun Fresh Orange Milk Mustard 30	Garlic Rosemary Chicken Chicken Gravy Rosemary Potatoes Broccoli Dinner Roll Sugar Cookie Milk Margarine 31	Swiss Steak Twice Whipped Potatoes Lima Beans Dinner Roll Fudge Creme Cookie Milk Margarine
Salisbury Steak	Beef Jardinine	Sausage and Pinto Beans	Baked Chicken	
Parslied Rice Glazed Carrots Orange Juice Wheat Bread Marble Pudding Milk Margarine	Lima Beans Stewed Tomatoes Texas Bread Seasonal Fruit Milk Margarine	Buttered Rice Cabbage Apple Juice Corn Muffin Rocky Road Pudding Milk Margarine	Chicken Gravy Northern Beans California Vegetable Blend Wheat Bread Oatmeal Cookie Milk Margarine	Community Meals an elior company

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