

**Northwest Louisiana Consortium**  
**October 2020**



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

*Kim Dommert RD, LD*

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

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**Northwest Louisiana Consortium**  
December 2020

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

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