

# Northwest Louisiana Consortium

## Frozen Menu

### January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Salisbury Steak Parslied Rice Glazed Carrots Orange Juice Wheat Bread Marble Pudding Milk Margarine	Beef Jardinine Lima Beans Stewed Tomatoes Texas Bread Seasonal Fruit Milk Margarine	Sausage and Pinto Beans Buttered Rice Cabbage Apple Juice Corn Muffin Rocky Road Pudding Milk Margarine	Baked Chicken Chicken Gravy Northern Beans California Vegetable Blend Wheat Bread Oatmeal Cookie Milk Margarine	Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Fudge Crème Cookie Milk Taco Sauce
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine	Spaghetti Casserole Chuckwagon Corn Brussel Sprouts Texas Bread Seasonal Fruit Milk Margarine	Pork Rib Patty Baked Beans Coleslaw Hot Applesauce Hamburger Bun Milk	Country Fried Steak Country Gravy Whipped Potatoes Green Beans Biscuit Carnival Cookie Milk Margarine	Pork Loin Piccata Garlic Whipped Potatoes Green Peas Wheat Bread Rice Krispie Treat Milk Margarine
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Chocolate Chip Pudding Milk Taco Sauce	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 Fudge Creme Cookie Milk Margarine
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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
<b>31</b>				
Sliced Ham Cut Yams Green Beans Dinner Roll Lime Gelatin Milk Margarine				

*Kim Dommert RD, LD*

# Northwest Louisiana Consortium

## Frozen Menu

February 2022



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

*Kim Dommert RD, LD*

Kim Dommert, RD, LD

# Northwest Louisiana Consortium

## Frozen Menu

### March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Beef and Bean Burrito Mexican Rice Whole Kernel Corn Cranberry Juice Chocolate Swirl Pudding Milk Taco Sauce	Meatballs with Gravy Parslied Potatoes Peas and Carrots Wheat Bread Seasonal Fruit Milk Margarine	Beef Frank Baked Beans Succotash Hot Dog Bun Fresh Orange Milk Mustard	Garlic Rosemary Chicken Chicken Gravy Rosemary Potatoes Broccoli Dinner Roll Sugar Cookie Milk Margarine	Swiss Steak Twice Whipped Potatoes Lima Beans Dinner Roll Fudge Creme Cookie Milk Margarine
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Salisbury Steak Parslied Rice Glazed Carrots Orange Juice Wheat Bread Marble Pudding Milk Margarine	Beef Jardiniere Lima Beans Stewed Tomatoes Texas Bread Seasonal Fruit Milk Margarine	Sausage and Pinto Beans Buttered Rice Cabbage Apple Juice Corn Muffin Rocky Road Pudding Milk Margarine	Baked Chicken Chicken Gravy Northern Beans California Vegetable Blend Wheat Bread Oatmeal Cookie Milk Margarine	 <p><b>TRIO</b> Community Meals an elior company</p>

*Kim Dommert RD, LD*