

Northwest Louisiana Consortium

Frozen Menu

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swiss Steak Whole Kernel Corn Glazed Carrots Wheat Bread Fresh Orange Milk	4 Sausage Jambalaya Mixed Beans Green Beans Wheat Bread Seasonal Fruit Milk	5 Turkey Taco Pinto Beans Fiesta Vegetables Flour Tortilla Lime Gelatin Milk Taco Sauce	6 Ham and Lima Beans Okra and Tomatoes Cabbage Cornbread Muffin Chocolate Chip Cookie Milk	Beef Stew Country Potatoes Green Beans Wheat Bread Birthday Cake Milk
10 Salisbury Steak Stewed Tomatoes Green Peas Wheat Bread Rocky Road Pudding Milk	11 Parmesan Chicken Rosemary Potatoes Green Beans Wheat Bread Fresh Orange Milk	12 Hamburger Patty Lettuce Tomato Onion Baked Beans Hamburger Bun Hot Rosy Applesauce Milk Ketchup	13 Pork Roast Onion Gravy Northern Beans Brussel Sprouts Wheat Bread Peanut Butter Cookie Milk	1 Cranberry Dijon Chicker Delmonico Potatoes Green Peas Wheat Bread Fudge Crème Cookie Milk
17 Meatloaf Brown Gravy Garlic Whipped Potatoes Parslied Carrots Wheat Bread Seasonal Fruit Milk	18 Beef Frank Baked Beans Tater Gems Hot Dog Bun Fresh Orange Milk Mustard	19 Meatballs w/Mushroom Gravy Steamed Rice Green Peas Cranberry Juice Wheat Bread Cherry Gelatin Milk	20 Savory Chicken Red Mashed Potatoes Japanese Vegetables Wheat Bread Sugar Cookie Milk	2 Beef Stew Whole Kernel Corn Spring Vegetables Wheat Bread Oatmeal Creme Cookie Milk
24 Creole Steak Brussel Sprouts Mixed Vegetables Wheat Bread Chocolate Chip Pudding Milk	25 Smoked Sausage Red Kidney Beans Carrots Hot Dog Bun Seasonal Fruit Milk	26 Turkey Sloppy Joe Ranch Potatoes Mixed Beans Hamburger Bun Seasonal Fruit Milk	27 Glazed Ham Mashed Spiced Yams Green Beans w/Red Peppers Wheat Bread Carnival Cookie Milk	2 Turkey Italian Macaroni Whole Kernel Corn Broccoli Wheat Bread Fudge Creme Cookie Milk
31 Turkey Chili with Beans Shredded Cheese Crispy Cubed Potatoes Whole Kernel Corn Saltine Crackers Carnival Cookie Milk				 TRIO Community Meals an elior company

Kim Dommert RD, LD

Kim Dommert, RD, LD

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November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Breast Pinto Beans Tuscany Vegetables Wheat Bread Fresh Orange Milk	2 Ham and Northern Beans Steamed Rice Spinach Orange Juice Cornbread Muffin Lemon Gelatin Milk	3 Pork Roast Raisin Sauce Lima Beans Broccoli Wheat Bread Peanut Butter Cookie Milk	Chicken Cacciatore Summer Vegetables Green Peas Wheat Bread Birthday Cake Milk
7 Lemon Pepper Chicken Country Potatoes Brussel Sprouts Wheat Bread Applesauce Milk	8 Beef Frank Baked Beans Glazed Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	9 Turkey Chili with Beans Steamed Rice Whole Kernel Corn Cranberry Juice Saltine Crackers Banana Pudding w/Wafers Milk	10 Pork Rib Patty Ranch Beans Stewed Tomatoes Hamburger Bun Sugar Cookie Milk	1 Beef and Bean Burrito Cauliflower Carrots Oatmeal Creme Cookie Milk Taco Sauce
14 Swiss Steak Whole Kernel Corn Glazed Carrots Wheat Bread Fresh Orange Milk	15 Sausage Jambalaya Mixed Beans Green Beans Wheat Bread Seasonal Fruit Milk	16 Turkey Taco Pinto Beans Fiesta Vegetables Flour Tortilla Lime Gelatin Milk Taco Sauce	17 Ham and Lima Beans Okra and Tomatoes Cabbage Cornbread Muffin Chocolate Chip Cookie Milk	1 Country Fried Steak Country Gravy Garlic Whipped Potatoe: Herbed Green Beans Wheat Bread Fudge Creme Cookie Milk
21 Salisbury Steak Stewed Tomatoes Green Peas Wheat Bread Rocky Road Pudding Milk	22 Parmesan Chicken Rosemary Potatoes Green Beans Wheat Bread Fresh Orange Milk	23 Turkey Breast with Gravy Cranberry Sauce Whipped Sweet Potatoes Spring Vegetables Dinner Roll Carrot Raisin Cake Milk	24 Pork Roast Onion Gravy Northern Beans Brussel Sprouts Wheat Bread Peanut Butter Cookie Milk	2 Cranberry Dijon Chicker Delmonico Potatoes Green Peas Wheat Bread Birthday Cake Milk
28 Meatloaf Brown Gravy Garlic Whipped Potatoes Parslied Carrots Wheat Bread Seasonal Fruit Milk	29 Beef Frank Baked Beans Tater Gems Hot Dog Bun Fresh Orange Milk Mustard	30 Meatballs w/Mushroom Gravy Steamed Rice Green Peas Cranberry Juice Wheat Bread Cherry Gelatin Milk		 <p>TRIO Community Meals an elior company</p>

Kim Dommert RD, LD

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Northwest Louisiana Consortium

Frozen Menu

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	
			Savory Chicken Red Mashed Potatoes Japanese Vegetables Wheat Bread Sugar Cookie Milk	Beef Stew Whole Kernel Corn Spring Vegetables Wheat Bread Oatmeal Creme Cookie Milk
5	6	7	8	
Creole Steak Brussel Sprouts Mixed Vegetables Wheat Bread Chocolate Chip Pudding Milk	Smoked Sausage Red Kidney Beans Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Turkey Sloppy Joe Ranch Potatoes Mixed Beans Hamburger Bun Seasonal Fruit Milk	Glazed Ham Mashed Spiced Yams Green Beans w/Red Peppers Wheat Bread Carnival Cookie Milk	Turkey Italian Macaroni Whole Kernel Corn Broccoli Wheat Bread Fudge Creme Cookie Milk
12	13	14	15	1
Baked Meatballs Tomato Sauce Spaghetti Noodles Green Beans Garden Vegetables Wheat Bread Seasonal Fruit Milk	BBQ Chicken Breast Pinto Beans Tuscany Vegetables Wheat Bread Fresh Orange Milk	Ham and Northern Beans Steamed Rice Spinach Orange Juice Cornbread Muffin Lemon Gelatin Milk	Pork Roast Raisin Sauce Lima Beans Broccoli Wheat Bread Peanut Butter Cookie Milk	Chicken Cacciatore Summer Vegetables Green Peas Wheat Bread Rice Krispie Treat Milk
19	20	21	22	2
Lemon Pepper Chicken Country Potatoes Brussel Sprouts Wheat Bread Applesauce Milk	Beef Frank Baked Beans Glazed Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Turkey Chili with Beans Steamed Rice Whole Kernel Corn Cranberry Juice Saltine Crackers Banana Pudding w/Wafers Milk	Pork Roast Brown Gravy Whipped Potatoes Green Peas Dinner Roll Applesauce Cake Milk	Beef and Bean Burrito Cauliflower Carrots Birthday Cake Milk Taco Sauce
26	27	28	29	3
Swiss Steak Whole Kernel Corn Glazed Carrots Wheat Bread Fresh Orange Milk	Sausage Jambalaya Mixed Beans Green Beans Wheat Bread Seasonal Fruit Milk	Turkey Taco Pinto Beans Fiesta Vegetables Flour Tortilla Lime Gelatin Milk Taco Sauce	Sliced Ham Red Eye Gravy Black-eyed Peas Cabbage Corn Muffin Chocolate Chip Cookie Milk	Country Fried Steak Country Gravy Garlic Whipped Potatoes Herbed Green Beans Wheat Bread Fudge Creme Cookie Milk

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