

Northwest Louisiana Consortium

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Closed for Holiday</i>	2 Hamburger Patty Brown Gravy Red Mashed Potatoes Herbed Green Beans White Bread Diced Pears Milk Margarine	3 Sausage and Pinto Beans Steamed Rice Cabbage Apple Juice Cornbread Muffin Rocky Road Pudding Milk Margarine	4 Baked Chicken Breast Poultry Gravy Black-eyed Peas Broccoli Wheat Bread Oatmeal Cookie Milk Margarine	5 Herb Crusted Pork Roasted Sweet Potatoes Peas with Red Peppers Dinner Roll Rice Krispie Treat Milk Margarine
8 Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine	9 Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans Spring Vegetable Blend Garlic Texas Bread Seasonal Fruit Milk Margarine	10 Barbecue Pork Rib Patty Baked Pinto Beans Coleslaw Hamburger Bun Peach Crisp Milk	11 Country Fried Steak Country Gravy Whipped Potatoes Spinach Wheat Bread Carnival Cookie Milk Margarine	12 Beef Italian Macaroni Herbed Green Peas Garden Vegetable Blend Wheat Bread Fudge Creme Cookie Milk Margarine
15 Swedish Meatballs Garlic Whipped Potatoes Mixed Greens Wheat Bread Seasonal Fruit Milk Margarine CLOSED - Desoto, Sabine, Natchitoches	16 Beef Chili with Beans Whole Kernel Corn Carrots Saltine Crackers Pineapple Tidbits Milk	17 Mozzarella Chicken Northern Beans Tossed Salad Wheat Bread Mixed Fruit Cobbler Milk Margarine Ranch Salad Dressing	18 Smoked Sausage Red Kidney Beans Stewed Tomatoes Hot Dog Bun Chocolate Chip Cookie Milk Mustard	19 Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Winter Vegetable Blend White Bread Oatmeal Creme Cookie Milk Margarine
22 Confetti Chicken Corn O'Brien Green Peas Wheat Bread Seasonal Fruit Milk Margarine	23 Ham and White Beans Steamed Rice Cabbage Apple Juice Cornbread Muffin Diced Peaches Milk Margarine	24 Beef Patty Lettuce Tomato Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard	25 Taco Meat Shredded Cheese Onions and Peppers Fiesta Vegetable Blend Flour Tortilla Sugar Cookie Milk Taco Sauce	26 ~ <i>Birthday Celebration</i> ~ Chicken and Dumplings Okra and Tomatoes Green Beans w/Red Peppers Wheat Bread Birthday Cake Milk Margarine
29 Honey Mustard Chicken Twice Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	30 Sliced Ham Black-eyed Peas Spinach Cornbread Muffin Fresh Orange Milk Margarine	31 Chicken Gumbo Steamed Rice Stewed Tomatoes Cranberry Juice Saltine Crackers Cherry Gelatin Milk	 <p>TRIO Community Meals Nourishment through compassionate care.</p>	

Kim Dommert RD, LD

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February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Pork Loin Piccata Northern Beans California Vegetable Blend White Bread Peanut Butter Cookie Milk Margarine	Swiss Steak Green Peas Brussels Sprouts Wheat Bread Fudge Creme Cookie Milk Margarine
5	6	7	8	9
Beef Stroganoff Whole Kernel Corn Lima Beans Wheat Bread Seasonal Fruit Milk Margarine	Meatballs Brown Gravy Ranch Potatoes Collard Greens Cornbread Muffin Chocolate Pudding Milk Margarine	Beef Frank Baked Beans Cucumber Tomato Salad Hot Dog Bun Hot Mandarin Oranges Milk Mustard	Garlic Rosemary Chicken Rosemary Poultry Gravy Cheesy Potatoes Peas and Carrots Wheat Bread Sugar Cookie Milk Margarine	Smoked Sausage Onions and Peppers Mixed Beans Cabbage Hot Dog Bun Oatmeal Creme Cookie Milk
12	13	14	15	16
Chicken Alfredo Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	Hamburger Patty Brown Gravy Red Mashed Potatoes Herbed Green Beans White Bread Diced Pears Milk Margarine	<i>~Valentine's Day Meal~</i> Home Style Meatloaf Brown Gravy Steamed Rice Cabbage Cranberry Juice Wheat Bread Red Velvet Cookie Milk Margarine	Baked Chicken Breast Poultry Gravy Black-eyed Peas Broccoli Wheat Bread Oatmeal Cookie Milk Margarine	Herb Crusted Pork Roasted Sweet Potatoes Peas with Red Peppers Dinner Roll Rice Krispie Treat Milk Margarine
19	20	21	22	23
Pineapple Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans Spring Vegetable Blend Garlic Texas Bread Seasonal Fruit Milk Margarine	Barbecue Pork Rib Patty Baked Pinto Beans Coleslaw Hamburger Bun Peach Crisp Milk	Country Fried Steak Country Gravy Whipped Potatoes Spinach Wheat Bread Carnival Cookie Milk Margarine	<i>~Birthday Celebration~</i> Beef Italian Macaroni Herbed Green Peas Garden Vegetable Blend Wheat Bread Birthday Cake Milk Margarine
26	27	28	29	
Swedish Meatballs Garlic Whipped Potatoes Mixed Greens Wheat Bread Seasonal Fruit Milk Margarine	Beef Chili with Beans Whole Kernel Corn Carrots Saltine Crackers Pineapple Tidbits Milk	Mozzarella Chicken Northern Beans Tossed Salad Wheat Bread Mixed Fruit Cobbler Milk Margarine Ranch Salad Dressing	Smoked Sausage Red Kidney Beans Stewed Tomatoes Hot Dog Bun Chocolate Chip Cookie Milk Mustard	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

Kim Dommert RD, LD

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March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 TRIO Community Meals Nourishment through compassionate care.				1 Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Winter Vegetable Blend White Bread Oatmeal Creme Cookie Milk Margarine
				8
4 Confetti Chicken Corn O'Brien Green Peas Wheat Bread Seasonal Fruit Milk Margarine	5 Ham and White Beans Steamed Rice Cabbage Apple Juice Cornbread Muffin Diced Peaches Milk Margarine	6 Beef Patty Lettuce Tomato Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard	7 Taco Meat Shredded Cheese Onions and Peppers Fiesta Vegetable Blend Flour Tortilla Sugar Cookie Milk Taco Sauce	8 Chicken and Dumplings Okra and Tomatoes Green Beans w/Red Peppers Wheat Bread Vanilla Wafers Milk Margarine
11	12	13	14	15
Honey Mustard Chicken Twice Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Sliced Ham Black-eyed Peas Spinach Cornbread Muffin Fresh Orange Milk Margarine	Chicken Gumbo Steamed Rice Stewed Tomatoes Cranberry Juice Saltine Crackers Cherry Gelatin Milk	~St. Patrick's Day Meal~ Beef Stew Parslied Potatoes Cabbage Cornbread Muffin Peanut Butter Cookie Milk Margarine	Swiss Steak Green Peas Brussels Sprouts Wheat Bread Fudge Creme Cookie Milk Margarine
18	19	20	21	22
Beef Stroganoff Whole Kernel Corn Lima Beans Wheat Bread Seasonal Fruit Milk Margarine	Meatballs Brown Gravy Ranch Potatoes Collard Greens Cornbread Muffin Chocolate Pudding Milk Margarine	Beef Frank Baked Beans Cucumber Tomato Salad Hot Dog Bun Hot Mandarin Oranges Milk Mustard	Garlic Rosemary Chicken Rosemary Poultry Gravy Cheesy Potatoes Peas and Carrots Wheat Bread Sugar Cookie Milk Margarine	~Birthday Celebration~ Smoked Sausage Onions and Peppers Mixed Beans Cabbage Hot Dog Bun Birthday Cake Milk
25	26	27	28	29
Chicken Alfredo Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	Hamburger Patty Brown Gravy Red Mashed Potatoes Herbed Green Beans White Bread Diced Pears Milk Margarine	Sausage and Pinto Beans Steamed Rice Cabbage Apple Juice Cornbread Muffin Rocky Road Pudding Milk Margarine	~Easter Meal~ Glazed Ham Whipped Sweet Potatoes Herbed Green Peas Wheat Bread Oatmeal Cookie Milk Margarine	Closed for Holiday

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