

# Northwest Louisiana Consortium

## November 2023

| Monday                                                                                                                         | Tuesday                                                                                                                  | Wednesday                                                                                                                                                                                     | Thursday                                                                                                                                  | Friday                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                |                                                                                                                          | 1<br>Ham and White Beans<br>Steamed Rice<br>Spinach<br>Orange Juice<br>Cornbread Muffin<br>Lemon Gelatin<br>Milk<br>Margarine                                                                 | 2<br>Pork Roast<br>Raisin Sauce<br>Lima Beans<br>Collard Greens<br>Wheat Bread<br>Peanut Butter Cookie<br>Milk<br>Margarine               | 3<br>Beef Spaghetti Sauce<br>Spaghetti Noodles<br>Green Beans<br>Garden Vegetable Blend<br>Wheat Bread<br>Oatmeal Crème Cookie<br>Milk<br>Margarine   |
| 6<br>Lemon Pepper Chicken<br>Country Potatoes<br>Herbed Green Peas<br>Wheat Bread<br>Cinnamon Applesauce<br>Milk<br>Margarine  | 7<br>Beef Frank<br>Potato Wedges<br>Glazed Carrots<br>Hot Dog Bun<br>Seasonal Fruit<br>Milk<br>Mustard                   | 8<br>Chili with Beans<br>Steamed Rice<br>Brussels Sprouts<br>Cranberry Juice<br>Cornbread Muffin<br>Banana Pudding w/Wafers<br>Milk<br>Margarine                                              | 9<br>Pork Rib Patty<br>Whole Kernel Corn<br>Winter Vegetable Blend<br>Hamburger Bun<br>Sugar Cookie<br>Milk                               | 10<br>Country Fried Steak<br>Country Gravy<br>Garlic Whipped Potatoes<br>Herbed Green Beans<br>Wheat Bread<br>Fudge Creme Cookie<br>Milk<br>Margarine |
| 13<br>Swiss Steak<br>Au Gratin Potatoes<br>Green Beans/Peppers/Onions<br>Wheat Bread<br>Pineapple Tidbits<br>Milk<br>Margarine | 14<br>Sausage Jambalaya<br>Whole Kernel Corn<br>Spinach<br>Texas Bread<br>Seasonal Fruit<br>Milk<br>Margarine            | 15<br>Taco Meat<br>Pinto Beans<br>Fiesta Vegetable Blend<br>Flour Tortilla<br>Lime Gelatin<br>Milk<br>Taco Sauce                                                                              | 16<br>Cranberry Dijon Chicken<br>Delmonico Potatoes<br>Zucchini and Tomatoes<br>Wheat Bread<br>Chocolate Chip Cookie<br>Milk<br>Margarine | 17<br>~ <i>Birthday Celebration</i> ~<br>Ham and Lima Beans<br>Stewed Okra<br>Cabbage<br>Cornbread Muffin<br>Birthday Cake<br>Milk<br>Margarine       |
| 20<br>Beef Stew<br>Whole Kernel Corn<br>Spring Vegetable Blend<br>Wheat Bread<br>Seasonal Fruit<br>Milk<br>Margarine           | 21<br>Parmesan Chicken<br>Northern Beans<br>Brussels Sprouts<br>Wheat Bread<br>Rocky Road Pudding<br>Milk<br>Margarine   | 22<br>~ <i>Thanksgiving Meal</i> ~<br>Sliced Turkey with Gravy<br>Whipped Sweet Potatoes<br>Green Bean Casserole<br>Dinner Roll<br>Carrot Raisin Cake<br>Milk<br>Cranberry Sauce<br>Margarine | 23<br><i>Closed for Holiday</i>                                                                                                           | 24<br><i>Closed for Holiday</i>                                                                                                                       |
| 27<br>Smothered Meatballs<br>Red Mashed Potatoes<br>Green Beans<br>Wheat Bread<br>Seasonal Fruit<br>Milk<br>Margarine          | 28<br>Beef Frank<br>Tater Gems<br>California Vegetable Blend<br>Hot Dog Bun<br>Fresh Orange<br>Milk<br>Mustard   Ketchup | 29<br>Beef Patty<br>Lettuce   Tomato   Onion<br>Baked Beans<br>Hamburger Bun<br>Hot Rosy Applesauce<br>Milk<br>Ketchup                                                                        | 30<br>Brunswick Stew<br>Stewed Tomatoes<br>Mixed Greens<br>Cornbread Muffin<br>Sugar Cookie<br>Milk<br>Margarine                          | <br>an etior company                                             |

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|  <p>an elior company</p>                                          |                                                                                                                                  |                                                                                                                                                                     |                                                                                                                                                                                  | <p>1</p> <p>Beef Italian Macaroni<br/>Rosemary Carrots<br/>Broccoli<br/>Garlic Texas Bread<br/>Fudge Creme Cookie<br/>Milk<br/>Margarine</p>                                                      |
| <p>4</p> <p>Chicken Cacciatore<br/>Egg Noodles<br/>Summer Vegetable Blend<br/>Apple Juice<br/>Garlic Texas Bread<br/>Mandarin Oranges<br/>Milk</p> | <p>5</p> <p>Smoked Sausage<br/>Red Kidney Beans<br/>Mixed Vegetables<br/>Hot Dog Bun<br/>Seasonal Fruit<br/>Milk<br/>Mustard</p> | <p>6</p> <p>Sloppy Joe<br/>Tater Tot Casserole<br/>Mixed Beans<br/>Hamburger Bun<br/>Cherry Gelatin<br/>Milk</p>                                                    | <p>7</p> <p>Glazed Ham<br/>Whipped Sweet Potatoes<br/>Creole Cabbage<br/>Wheat Bread<br/>Carnival Cookie<br/>Milk<br/>Margarine</p>                                              | <p>8</p> <p>Creole Steak<br/>Ranch Potatoes<br/>Field Peas<br/>Wheat Bread<br/>Rice Krispie Treat<br/>Milk<br/>Margarine</p>                                                                      |
| <p>11</p> <p>Chicken Gumbo<br/>Buttered Rice<br/>Parslied Carrots<br/>Cranberry Juice<br/>Saltine Crackers<br/>Mandarin Oranges<br/>Milk</p>       | <p>12</p> <p>Barbecue Chicken<br/>Tater Gems<br/>Pinto Beans<br/>Wheat Hamburger Bun<br/>Seasonal Fruit<br/>Milk<br/>Ketchup</p> | <p>13</p> <p>Ham and White Beans<br/>Steamed Rice<br/>Spinach<br/>Orange Juice<br/>Cornbread Muffin<br/>Lemon Gelatin<br/>Milk<br/>Margarine</p>                    | <p>14</p> <p>Pork Roast<br/>Raisin Sauce<br/>Lima Beans<br/>Collard Greens<br/>Wheat Bread<br/>Peanut Butter Cookie<br/>Milk<br/>Margarine</p>                                   | <p>15</p> <p><i>~Birthday Celebration~</i><br/>Beef Spaghetti Sauce<br/>Spaghetti Noodles<br/>Green Beans<br/>Garden Vegetable Blend<br/>Wheat Bread<br/>Birthday Cake<br/>Milk<br/>Margarine</p> |
| <p>18</p> <p>Lemon Pepper Chicken<br/>Country Potatoes<br/>Herbed Green Peas<br/>Wheat Bread<br/>Cinnamon Applesauce<br/>Milk<br/>Margarine</p>    | <p>19</p> <p>Beef Frank<br/>Potato Wedges<br/>Glazed Carrots<br/>Hot Dog Bun<br/>Seasonal Fruit<br/>Milk<br/>Mustard</p>         | <p>20</p> <p>Chili with Beans<br/>Steamed Rice<br/>Brussels Sprouts<br/>Cranberry Juice<br/>Cornbread Muffin<br/>Banana Pudding w/Wafers<br/>Milk<br/>Margarine</p> | <p>21</p> <p><i>~Christmas Meal~</i><br/>Pork Roast with Gravy<br/>Whipped Potatoes<br/>Winter Vegetable Blend<br/>Dinner Roll<br/>Sugar Cookie<br/>Milk<br/>Margarine</p>       | <p>22</p> <p>Country Fried Steak<br/>Country Gravy<br/>Garlic Whipped Potatoes<br/>Herbed Green Beans<br/>Wheat Bread<br/>Fudge Creme Cookie<br/>Milk<br/>Margarine</p>                           |
| <p>25</p> <p><i>Closed for Holiday</i></p>                                                                                                         | <p>26</p> <p>Sausage Jambalaya<br/>Whole Kernel Corn<br/>Spinach<br/>Texas Bread<br/>Seasonal Fruit<br/>Milk<br/>Margarine</p>   | <p>27</p> <p>Taco Meat<br/>Pinto Beans<br/>Fiesta Vegetable Blend<br/>Flour Tortilla<br/>Lime Gelatin<br/>Milk<br/>Taco Sauce</p>                                   | <p>28</p> <p><i>~New Year's Meal~</i><br/>Sliced Ham<br/>Red Eye Gravy<br/>Black-eyed Peas<br/>Cabbage<br/>Cornbread Muffin<br/>Chocolate Chip Cookie<br/>Milk<br/>Margarine</p> | <p>29</p> <p>Ham and Lima Beans<br/>Stewed Okra<br/>Cabbage<br/>Cornbread Muffin<br/>Fudge Creme Cookie<br/>Milk<br/>Margarine</p>                                                                |

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