

Northwest Louisiana Consortium

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Closed for Holiday</i>	3 Shredded Barbecue Chicken Corn O'Brien Green Beans Hamburger Bun Orange Gelatin Milk	4 Sausage & Pinto Beans Steamed Rice Spinach Cranberry Juice Cornbread Muffin Banana Pudding w/Wafers Milk Margarine	5 Popcorn Chicken Roasted Sweet Potatoes Spring Vegetable Blend Wheat Bread Peanut Butter Cookie Milk Ketchup	6 Pork Roast Onion Gravy Hominy Broccoli Wheat Bread Fig Cookie Milk Margarine
9 Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	10 Glazed Ham Baked Sweet Potato Broccoli Wheat Bread Rocky Road Pudding Milk Margarine	11 Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Mixed Fruit Cobbler Milk Ketchup	12 Barbecue Rib Patty Tater Tot Casserole Cabbage Cornbread Muffin Oatmeal Cookie Milk Margarine	13 Smothered Meatballs Fiesta Vegetable Blend Cauliflower Dinner Roll Fudge Creme Cookie Milk Margarine
16 King Ranch Casserole Chuckwagon Corn Parslied Carrots Wheat Bread Seasonal Fruit Milk Margarine	17 Ham & White Beans Steamed Rice Collard Greens Apple Juice Cornbread Muffin Pineapple Tidbits Milk Margarine	18 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Pickle Coleslaw Wheat Bread Chocolate Coconut Pudding Milk Mayonnaise Mustard	19 Sausage w/Onions/Peppers Ranch Beans Garden Vegetable Blend Hot Dog Bun Carnival Cookie Milk Mustard	20 Beef Italiano Garlic Whipped Potatoes Green Peas Wheat Bread Graham Crackers Milk Margarine
23 Beef Italian Macaroni Rosemary Carrots Cauliflower Wheat Bread Seasonal Fruit Milk Margarine	24 Chicken Salad Lettuce Tomato Coleslaw Wheat Bread (2 sl) Butterscotch Pudding Milk	25 Sliced Ham Black-eyed Peas Spinach Cornbread Muffin Fruited Gelatin Milk Margarine	26 Garlic Rosemary Chicken Poultry Gravy Corn Casserole Broccoli Wheat Bread Oatmeal Cookie Milk Margarine	27 ~ <i>Birthday Celebration</i> ~ Beef Stew Country Potatoes Green Beans Texas Bread Birthday Cake Milk Margarine
30 Beef Frank with Chili Potato Wedges Broccoli Hot Dog Bun Seasonal Fruit Milk Ketchup				 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

Kim Dommert RD, LD

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October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Meat Lettuce Tomato Shredded Cheese Pinto Beans Whole Kernel Corn Tortilla Chips Seasonal Fruit Milk Taco Sauce Sour Cream	2 Chicken Gumbo Buttered Rice Stewed Tomatoes Cranberry Juice Saltine Crackers Mandarin Oranges Milk	3 Pork Roast w/Gravy Northern Beans Collard Greens Cornbread Muffin Chocolate Chip Cookie Milk Margarine	4 Spaghetti w/Meat Sauce Glazed Carrots Cauliflower Texas Bread Oatmeal Crème Cookie Milk Margarine
7 Swiss Steak Au Gratin Potatoes Green Beans w/Peppers Wheat Bread Seasonal Fruit Milk Margarine	8 Sausage Jambalaya Corn O'Brien Spinach Texas Bread Pineapple Tidbits Milk Margarine	9 Taco Meat Lettuce Tomato Pinto Beans Corn Tortilla Mixed Fruit Cobbler Milk Taco Sauce Sour Cream	10 Baked Chicken w/Gravy Garlic Whipped Potatoes Herbed Green Peas Wheat Bread Chocolate Chip Cookie Milk Margarine	11 Ham and Lima Beans Stewed Okra Cabbage Cornbread Muffin Fudge Creme Cookie Milk Margarine
14 Mongolian Chicken Steamed Rice Japanese Vegetables Wheat Bread Fortune Cookie Apple Juice Milk Margarine	15 Beef Stew Red Mashed Potatoes Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	16 Sloppy Joe Oven Roasted Red Potatoes Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk	17 Pork Roast w/Gravy Black-eyed Peas Collard Greens Cornbread Muffin Carnival Cookie Milk Margarine	18 Tuscan Chicken Breast Rosemary Potatoes Brussels Sprouts Wheat Bread Oatmeal Creme Cookie Milk Margarine
21 Meatballs w/Marinara Sauce Penne Pasta Green Beans Garlic Texas Bread Seasonal Fruit Cranberry Juice Milk Margarine	22 Pork Fritter Country Gravy Whipped Potatoes Cabbage Wheat Bread Chocolate Pudding Milk Margarine	23 All Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Spiced Fruit Milk Ketchup	24 Brunswick Stew Chuckwagon Corn Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine	25 ~Birthday Celebration~ Grandma's Chicken and Rice Rosemary Carrots Broccoli Dinner Roll Birthday Cake Milk Margarine
28 Chicken Cacciatore Egg Noodles Mixed Vegetables Garlic Texas Bread Seasonal Fruit Apple Juice Milk	29 Smoked Sausage Red Kidney Beans Summer Vegetables Hot Dog Bun Pineapple Tidbits Milk Mustard	30 Tater Tot Casserole Whole Kernel Corn Parslied Carrots Wheat Bread Cherry Gelatin Milk	31 ~Halloween Meal~ Home Style Meatloaf Brown Gravy Whipped Potatoes Cabbage Dinner Roll Carnival Cookie Milk Margarine	 Nourishment through compassionate care.

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November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Chicken & Sausage Gumbo Buttered Rice Parslied Carrots Saltine Crackers Seasonal Fruit Fruit Juice Blend Milk	Ham and Northern Beans Steamed Rice Spinach Cornbread Muffin Lemon Gelatin Cranberry Juice Milk Margarine	Shredded BBQ Chicken Tater Gems Pinto Beans Wheat Hamburger Bun Mandarin Oranges Milk Ketchup	Pork Roast w/Gravy Whipped Potatoes Turnip Greens Cornbread Muffin Chocolate Chip Cookie Milk Margarine	Picante Chicken Charro Beans Fiesta Vegetables Flour Tortilla Graham Crackers Milk
11	12	13	14	15
Lemon Pepper Chicken Breast Country Potatoes Herbed Green Peas Wheat Bread Seasonal Fruit Milk Margarine	Beef Frank Baked Beans Glazed Carrots Hot Dog Bun Mixed Fruit Milk Mustard	Beef Chili w/Beans Spanish Rice Fiesta Vegetables Cranberry Juice Corn Chips Banana Pudding w/Wafers Milk Margarine	BBQ Pork Rib Patty Whole Kernel Corn Brussels Sprouts Hamburger Bun Peanut Butter Cookie Milk	Parmesan Chicken Delmonico Potatoes Herbed Green Beans Wheat Bread Fig Cookie Milk Margarine
18	19	20	21	22
Swiss Steak Au Gratin Potatoes Green Beans w/Peppers Wheat Bread Seasonal Fruit Milk Margarine	Sausage Jambalaya Corn O'Brien Spinach Texas Bread Pineapple Tidbits Milk Margarine	Taco Meat Lettuce Tomato Pinto Beans Corn Tortilla Mixed Fruit Cobbler Milk Taco Sauce Sour Cream	Baked Chicken w/Gravy Garlic Whipped Potatoes Herbed Green Peas Wheat Bread Chocolate Chip Cookie Milk Margarine	~Birthday Celebration~ Ham and Lima Beans Stewed Okra Cabbage Cornbread Muffin Birthday Cake Milk Margarine
25	26	27	28	29
Mongolian Chicken Steamed Rice Japanese Vegetables Wheat Bread Fortune Cookie Apple Juice Milk Margarine	Beef Stew Red Mashed Potatoes Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	~Thanksgiving Meal~ Turkey w/Gravy Whipped Sweet Potatoes Green Beans w/Peppers Dinner Roll Pumpkin Bar Milk Cranberry Sauce Margarine	Closed for Holiday	

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December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatballs w/Marinara Sauce Penne Pasta Green Beans Garlic Texas Bread Seasonal Fruit Cranberry Juice Milk Margarine	3 Pork Fritter Country Gravy Whipped Potatoes Cabbage Wheat Bread Chocolate Pudding Milk Margarine	4 All Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Spiced Fruit Milk Ketchup	5 Brunswick Stew Chuckwagon Corn Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine	6 Grandma's Chicken and Rice Rosemary Carrots Broccoli Dinner Roll Fig Cookie Milk Margarine
9 Chicken Cacciatore Egg Noodles Mixed Vegetables Garlic Texas Bread Seasonal Fruit Apple Juice Milk	10 Smoked Sausage Red Kidney Beans Summer Vegetables Hot Dog Bun Pineapple Tidbits Milk Mustard	11 Tater Tot Casserole Whole Kernel Corn Parslied Carrots Wheat Bread Cherry Gelatin Milk	12 Glazed Ham Whipped Sweet Potatoes Creole Cabbage Wheat Bread Carnival Cookie Milk Margarine	13 Picante Chicken Charro Beans Fiesta Vegetables Flour Tortilla Graham Crackers Milk
16 Chicken & Sausage Gumbo Buttered Rice Parslied Carrots Saltine Crackers Seasonal Fruit Fruit Juice Blend Milk	17 Ham and Northern Beans Steamed Rice Spinach Cornbread Muffin Lemon Gelatin Cranberry Juice Milk Margarine	18 Shredded BBQ Chicken Tater Gems Pinto Beans Wheat Hamburger Bun Mandarin Oranges Milk Ketchup	19 ~Christmas Meal~ Pork Roast w/Gravy Whipped Potatoes Winter Vegetables Dinner Roll Chocolate Chip Cookie Milk Margarine	20 Beef Spaghetti Sauce Spaghetti Noodles Green Beans Garden Vegetables Wheat Bread Rice Krispie Treat Milk Margarine
23 Lemon Pepper Chicken Breast Country Potatoes Herbed Green Peas Wheat Bread Seasonal Fruit Milk Margarine	24 Beef Frank Baked Beans Glazed Carrots Hot Dog Bun Mixed Fruit Milk Mustard <i>(DeSoto Open)</i>	25 Closed for Holiday	26 ~New Year's Meal~ Sliced Ham Red Eye Gravy Black-eyed Peas Cabbage Cornbread Muffin Peanut Butter Cookie Milk Margarine	27 ~Birthday Celebration~ Parmesan Chicken Delmonico Potatoes Herbed Green Beans Wheat Bread Birthday Cake Milk Margarine
30 Swiss Steak Au Gratin Potatoes Green Beans w/Peppers Wheat Bread Seasonal Fruit Milk Margarine	31 Closed for Holiday			 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

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