

# Northwest Louisiana Consortium

## January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 Nourishment through compassionate care.		<i>Closed for Holiday</i>	Baked Chicken w/Gravy Garlic Whipped Potatoes Herbed Green Peas Wheat Bread Chocolate Chip Cookie Milk Margarine	Ham & Lima Beans Stewed Okra Cabbage Cornbread Muffin Fudge Crème Cookie Milk Margarine
6	7	8	9	10
Hamburger Steak Brown Gravy Whipped Potatoes Herbed Green Beans White Bread Seasonal Fruit Milk Margarine	Chicken Alfredo Fettuccini Noodles Brussels Sprouts Glazed Carrots Wheat Bread Tropical Fruit Milk Margarine	Sausage & Pinto Beans Steamed Rice Cabbage Apple Juice Cornbread Muffin Rocky Road Pudding Milk Margarine	Pork Tips with Gravy Buttermilk Potatoes Green Peas Texas Bread Oatmeal Cookie Milk Margarine	Savory Baked Chicken Black-eyed Peas Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine
13	14	15	16	17
Sweet & Sour Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine	Sloppy Joe Black Beans Cauliflower Hamburger Bun Diced Pears Milk	BBQ Pork Rib Patty Baked Beans Coleslaw Peach Crisp Hamburger Bun Milk	Country Fried Steak Country Gravy Cheesy Potatoes Spinach Wheat Bread Carnival Cookie Milk Margarine	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans Spring Vegetables Garlic Texas Bread Banana Moon Pie Milk Margarine
20	21	22	23	24
<i>Closed for Holiday</i>	Beef Chili w/Beans Hominy Fiesta Vegetables Saltine Crackers Pineapple Tidbits Milk	<i>~Winter Holiday~</i> Home Style Meatloaf Brown Gravy Whipped Potatoes Herbed Green Peas Wheat Bread Brownie Milk Margarine	Smoked Sausage Red Kidney Beans Stewed Tomatoes Hot Dog Bun Chocolate Chip Cookie Milk Mustard	Turkey Breast Poultry Gravy Delmonico Potatoes Winter Vegetables White Bread Oatmeal Creme Cookie Milk Margarine
27	28	29	30	31
Honey Mustard Chicken Whole Kernel Corn Harvard Beets Dinner Roll Seasonal Fruit Milk Margarine	BBQ Pork Rib Patty Tater Tot Casserole Cabbage Cornbread Muffin Seasonal Fruit Milk Margarine	All Beef Patty Lettuce   Tomato Ranch Beans Hamburger Bun Hot Mixed Fruit Milk Mayonnaise	Ham & White Beans Okra and Tomatoes Mixed Greens Cornbread Muffin Sugar Cookie Milk Margarine	Chicken & Dumplings Brussels Sprouts Glazed Carrots Wheat Bread Birthday Cake Milk Margarine

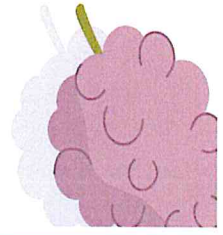
Kim Dommert RD, LD

Kim Dommert, RD, LD



# Northwest Louisiana Consortium

## February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Garlic Rosemary Chicken Garlic Rosemary Gravy Twice Whipped Potatoes Green Peas Wheat Bread Seasonal Fruit Milk Margarine	4 Sliced Ham Black-eyed Peas Collard Greens Cornbread Muffin Banana Pudding w/Wafers Milk Margarine	5 Chicken & Sausage Gumbo Steamed Rice Glazed Carrots Fruit Blend Juice Saltine Crackers Seasonal Fruit Milk	6 Pizza Casserole Whole Kernel Corn Green Beans w/Peppers Garlic Texas Bread Peanut Butter Cookie Milk Margarine	7 Swiss Steak Northern Beans California Vegetables Wheat Bread Fudge Creme Cookie Milk Margarine
10 Meatballs Brown Gravy Ranch Potatoes Turnip Greens Cornbread Muffin Seasonal Fruit Milk Margarine	11 Hawaiian Chicken Oven Roasted Sweet Potatoes Hawaiian Baked Beans Hamburger Bun Mandarin Oranges Milk	12 Beef Stroganoff Whole Kernel Corn Green Beans Wheat Bread Seasonal Fruit Milk Margarine	13 <i>~Valentine's Day~</i> Chicken Caprese Rosemary Potatoes Spring Vegetables Garlic Texas Bread Sugar Cookie Milk Margarine	14 Stir Fried Pork Fried Rice Broccoli Florets Cauliflower Wheat Bread Oatmeal Creme Cookie Milk Margarine
17 Hamburger Steak Brown Gravy Whipped Potatoes Herbed Green Beans White Bread Seasonal Fruit Milk Margarine	18 Chicken Alfredo Fettuccini Noodles Brussels Sprouts Glazed Carrots Wheat Bread Tropical Fruit Milk Margarine	19 Sausage & Pinto Beans Steamed Rice Cabbage Apple Juice Cornbread Muffin Rocky Road Pudding Milk Margarine	20 Pork Tips with Gravy Buttermilk Potatoes Green Peas Texas Bread Oatmeal Cookie Milk Margarine	21 Savory Baked Chicken Black-eyed Peas Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine
24 Sweet & Sour Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk Margarine	25 Sloppy Joe Black Beans Cauliflower Hamburger Bun Diced Pears Milk	26 BBQ Pork Rib Patty Baked Beans Coleslaw Peach Crisp Hamburger Bun Milk	27 Country Fried Steak Country Gravy Cheesy Potatoes Spinach Wheat Bread Carnival Cookie Milk Margarine	28 Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans Spring Vegetables Garlic Texas Bread Birthday Cake Milk Margarine



Nourishment through  
compassionate care.

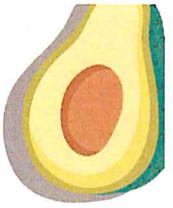
*Kim Dommert RD, LD*

Kim Dommert, RD, LD



# Northwest Louisiana Consortium

## March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Swedish Meatballs Garlic Whipped Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	Beef Chili w/Beans Hominy Fiesta Vegetables Saltine Crackers Pineapple Tidbits Milk	Mozzarella Chicken Northern Beans Tossed Salad Wheat Bread Mixed Fruit Cobbler Milk Margarine Ranch Dressing	Smoked Sausage Red Kidney Beans Stewed Tomatoes Hot Dog Bun Chocolate Chip Cookie Milk Mustard	Turkey Breast Poultry Gravy Delmonico Potatoes Winter Vegetables White Bread Oatmeal Creme Cookie Milk Margarine
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Honey Mustard Chicken Whole Kernel Corn Harvard Beets Dinner Roll Seasonal Fruit Milk Margarine	BBQ Pork Rib Patty Tater Tot Casserole Cabbage Cornbread Muffin Seasonal Fruit Milk Margarine	All Beef Patty Lettuce   Tomato Ranch Beans Hamburger Bun Hot Mixed Fruit Milk Mayonnaise	<i>~St. Patrick's Day~</i> Beef Stew Parslied Potatoes Cabbage Cornbread Muffin Sugar Cookie Milk Margarine	Chicken & Dumplings Brussels Sprouts Glazed Carrots Wheat Bread Vanilla Wafers Milk Margarine
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Garlic Rosemary Chicken Garlic Rosemary Gravy Twice Whipped Potatoes Green Peas Wheat Bread Seasonal Fruit Milk Margarine	Sliced Ham Black-eyed Peas Collard Greens Cornbread Muffin Banana Pudding w/Wafers Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Glazed Carrots Fruit Blend Juice Saltine Crackers Seasonal Fruit Milk	Pizza Casserole Whole Kernel Corn Green Beans w/Peppers Garlic Texas Bread Peanut Butter Cookie Milk Margarine	Swiss Steak Northern Beans California Vegetables Wheat Bread Fudge Creme Cookie Milk Margarine
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Meatballs Brown Gravy Ranch Potatoes Turnip Greens Cornbread Muffin Seasonal Fruit Milk Margarine	Hawaiian Chicken Oven Roasted Sweet Potatoes Hawaiian Baked Beans Hamburger Bun Mandarin Oranges Milk	Beef Stroganoff Whole Kernel Corn Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Chicken & Sausage Jambalaya Peas w/Red Peppers Glazed Carrots Wheat Bread Sugar Cookie Milk Margarine	Stir Fried Pork Fried Rice Broccoli Florets Cauliflower Wheat Bread Birthday Cake Milk Margarine
<b>31</b>				
Hamburger Steak Brown Gravy Whipped Potatoes Herbed Green Beans White Bread Seasonal Fruit Milk Margarine				 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>

*Kim Dommert RD, LD*