



# Northeast Louisiana

## October 2023

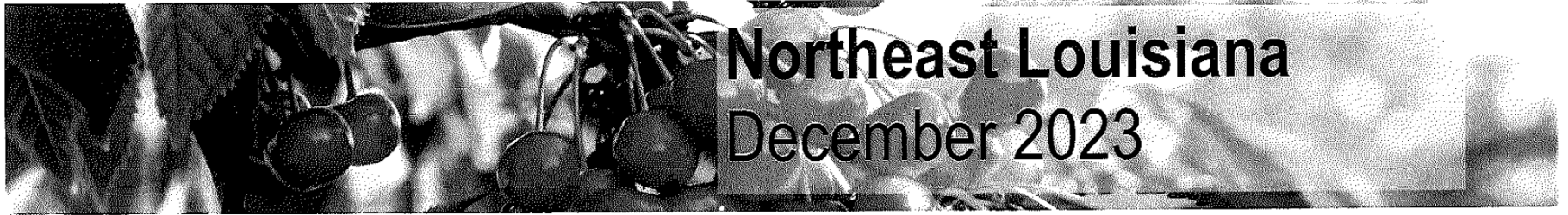
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
<b>2</b>	Beef Italiano Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	<b>3</b>	Taco Meat <i>or</i> Fajita Chicken Shredded Cheese Lettuce   Tomato Spanish Rice Pinto Beans Mixed Fruit Milk Taco Sauce   Sour Cream	4 oz 1/2 cup 1/2 oz 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1 each	<b>4</b>	Chicken Spaghetti Green Beans Sliced Carrots Whole Wheat Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	<b>5</b>	Meatballs w/Mushroom Gravy Garlic Whipped Potatoes Spinach Cornbread Lime Gelatin Milk Margarine	6 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>6</b>	Sliced Turkey Breast Swiss Cheese Lettuce   Tomato   Onion Broccoli Raisin Salad Wheat Bread Oatmeal Creme Cookie Milk Mustard	2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each
<b>9</b>	Creole Steak Ranch Potatoes Whole Kernel Corn Wheat Bread Vanilla Pudding Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>10</b>	Sliced Ham Northern Beans Mustard Greens Cornbread Orange Gelatin Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>11</b>	Baked Chicken Poultry Gravy Parslied Rice Summer Vegetable Blend Apple Juice Dinner Roll Seasonal Fruit Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	<b>12</b>	Beef Patty <i>or</i> Pork Rib Patty Lettuce   Tomato   Pickle Baked Beans Hamburger Bun Tropical Fruit Crisp Milk Ketchup   Mustard	1 each 1 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each	<b>13</b>	Chicken Chef Salad Tomato Soup Beet Salad Saltine Crackers Seasonal Fruit Milk Ranch Salad Dressing	1.5 cup 1 cup 1/2 cup 2 pkt 1 each 1 each 1 each
<b>16</b>	Baked Meatballs Mozzarella Cheese Tomato Sauce Whole Kernel Corn Broccoli Florets Hot Dog Bun Rice Krispie Treat Milk	6 each 1/2 oz 1 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	<b>17</b>	Smoked Sausage Red Kidney Beans Steamed Rice Turnip Greens Cornbread Mandarin Oranges Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>18</b>	Grandma's Chicken and Rice Stewed Tomatoes Orange Juice Whole Wheat Roll Apple Cobbler Milk Margarine	1 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	<b>19</b>	Pork Roast Onion Gravy Cut Yams Cauliflower Dinner Roll Strawberry Gelatin Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1/2 cup 1 each	<b>20</b>	Baked Chicken Poultry Gravy <i>or</i> Meatballs w/Mushroom Gravy Twice Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine	1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each
<b>23</b>	Beef Stroganoff Green Peas with Peppers Sliced Carrots Garlic Breadstick Pineapple Tidbits Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>24</b>	Glazed Ham Delmonico Potatoes Collard Greens Cornbread Seasonal Fruit Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	<b>25</b>	Beef Chili with Beans Steamed Rice Green Beans Cranberry Juice Saltine Crackers Diced Peaches Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 2 pkt 1/2 cup 1 each 1 each	<b>26</b>	Chicken & Sausage Jambalaya Cabbage Okra and Tomatoes Wheat Bread Lime Gelatin Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>27</b>	Sloppy Joe <i>or</i> Chicken Tenders Potato Wedges Winter Vegetable Blend Hamburger Bun Birthday Cake Milk Ketchup	1/2 cup 1 each 2 each 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each
<b>30</b>	Beef Patty Tomato Gravy Cheesy Potatoes Green Beans Wheat Bread Diced Pears Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>31</b>	<b>Halloween Meal</b> Beef Frank Beef Chili Sauce Diced Onions Baked Beans Broccoli Florets Hot Dog Bun Pumpkin Bar Milk Mustard	1 each 2 oz 1 T 1/2 cup 1/2 cup 1 each 1 square 1 each 1 each	 <p><b>TRIO</b> Community Meals an elior company</p>								

*Kim Dommert RD, LD*

# Northeast Louisiana November 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<b>1</b> Chicken Tenders Macaroni and Cheese Glazed Carrots Cranberry Juice White Bread Orange Gelatin Milk Margarine Ketchup		<b>2</b> Swiss Steak Whipped Potatoes Green Peas Wheat Bread Seasonal Fruit Milk Margarine		<b>3</b> Chicken Salad <i>or</i> Tuna Salad Lettuce   Tomato Fluffy Fruit Salad Wheat Bread Fig Bar Cookie Milk	
<b>6</b> Beef and Penne Casserole Green Beans Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine		<b>7</b> Shredded Barbecue Chicken <i>or</i> Beef Patty Tater Tot Casserole Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup		<b>8</b> Chicken and Sausage Gumbo Stewed Tomatoes Garden Vegetable Blend Saltine Crackers Fudge Creme Cookie Milk Margarine		<b>9</b> Sliced Ham Black-eyed Peas Steamed Rice Cabbage and Carrots Fruit Blend Juice Cornbread Orange Gelatin Milk Margarine		<b>10</b> Swedish Meatballs Twice Whipped Potatoes Cranberry Juice Wheat Bread Peach Cobbler Milk Margarine	
<b>13</b> Beef Italiano Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine		<b>14</b> Taco Meat <i>or</i> Fajita Chicken Shredded Cheese Lettuce   Tomato Spanish Rice Pinto Beans Mixed Fruit Milk Taco Sauce   Sour Cream		<b>15</b> Chicken Spaghetti Green Beans Sliced Carrots Whole Wheat Roll Seasonal Fruit Milk Margarine		<b>16</b> Meatballs w/Mushroom Gravy Garlic Whipped Potatoes Spinach Cornbread Lime Gelatin Milk Margarine		<b>17</b> Sliced Turkey Breast Swiss Cheese Lettuce   Tomato   Onion Broccoli Raisin Salad Wheat Bread Birthday Cake Milk Mustard	
<b>20</b> Creole Steak Ranch Potatoes Whole Kernel Corn Wheat Bread Vanilla Pudding Milk Margarine		<b>21</b> Sliced Ham Northern Beans Mustard Greens Cornbread Orange Gelatin Milk Margarine		<b>22 Thanksgiving Day Meal</b> Sliced Turkey Breast Poultry Gravy Cornbread Dressing Green Bean Casserole Cranberry Juice Dinner Roll Spice Cake Milk Cranberry Sauce Margarine		<b>23</b> <i>Closed for Holiday</i>		<b>24</b> <i>Closed for Holiday</i>	
<b>27</b> Baked Meatballs Mozzarella Cheese Tomato Sauce Whole Kernel Corn Broccoli Florets Hot Dog Bun Rice Krispie Treat Milk		<b>28</b> Smoked Sausage Red Kidney Beans Steamed Rice Turnip Greens Cornbread Mandarin Oranges Milk Margarine		<b>29</b> Grandma's Chicken and Rice Stewed Tomatoes Orange Juice Whole Wheat Roll Apple Cobbler Milk Margarine		<b>30</b> Pork Roast Onion Gravy Cut Yams Cauliflower Dinner Roll Strawberry Gelatin Milk Margarine		 <b>TRIO</b> Community Meals <i>an elior company</i>	

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								<b>1</b> Baked Chicken Poultry Gravy <i>or</i> Meatballs w/Mushroom Gravy Twice Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine 1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	
		<b>4</b> Beef Stroganoff Green Peas with Peppers Sliced Carrots Garlic Breadstick Pineapple Tidbits Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>5</b> Glazed Ham Delmonico Potatoes Collard Greens Cornbread Seasonal Fruit Milk Margarine 3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	<b>6</b> Beef Chili with Beans Steamed Rice Green Beans Cranberry Juice Saltine Crackers Diced Peaches Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1 each 2 pkt 1/2 cup 1 each 1 each	<b>7</b> Chicken & Sausage Jambalaya Cabbage Okra and Tomatoes Wheat Bread Lime Gelatin Milk Margarine 1 cup 1/2 cup 1/2 cup 1 slice 1 slice 1/2 cup 1 each 1 each	<b>8</b> Sloppy Joe <i>or</i> Chicken Tenders Potato Wedges Winter Vegetable Blend Hamburger Bun Mississippi Mud Pudding Milk Ketchup 1/2 cup 1 each 2 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each			
		<b>11</b> Beef Patty Tomato Gravy Cheesy Potatoes Green Beans Wheat Bread Diced Pears Milk Margarine 1 each 1 oz 1/2 cup 1/2 cup 1/2 cup 1 slice 1 slice 1/2 cup 1 each 1 each	<b>12</b> Barbecue Pork Rib Patty Baked Beans Broccoli Florets Hamburger Bun Seasonal Fruit Milk 1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	<b>13</b> Chicken Tenders Macaroni and Cheese Glazed Carrots Cranberry Juice White Bread Orange Gelatin Milk Margarine Ketchup 2 each 1/2 cup 1/2 cup 1 each 1 each 1 slice 1/2 cup 1 each 1 each 1 each	<b>14</b> Swiss Steak Whipped Potatoes Green Peas Wheat Bread Seasonal Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 slice 1 slice 1 each 1 each 1 each	<b>15</b> Chicken Salad <i>or</i> Tuna Salad Lettuce   Tomato Fluffy Fruit Salad Wheat Bread Fig Bar Cookie Milk 1/2 cup 1 each 1/2 cup 1/2 cup 1/2 cup 1 each 2 slices 1/2 cup 1 each			
		<b>18</b> Beef and Penne Casserole Green Beans Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine 1 cup 1/2 cup 1/2 cup 1 slice 1 slice 1 each 1 each 1 each	<b>19</b> Shredded Barbecue Chicken <i>or</i> Beef Patty Tater Tot Casserole Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup 1/2 cup 1 each 1 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	<b>20</b> Chicken and Sausage Gumbo Stewed Tomatoes Garden Vegetable Blend Saltine Crackers Fudge Creme Cookie Milk Margarine 1 cup 1/2 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each 1 each	<b>21</b> <i>Christmas Day Meal</i> Sliced Ham Candied Spiced Yams Green Peas w/Peppers Dinner Roll Carrot Raisin Cake Milk Margarine 3 oz 1/2 cup 1/2 cup 1 each 1 each 1 piece 1 each 1 each	<b>22</b> Swedish Meatballs Twice Whipped Potatoes Cranberry Juice Wheat Bread Peach Cobbler Milk Margarine 6 each 1/2 cup 1 each 1 slice 1/2 cup 1 each 1 each			
		<b>25</b> <i>Closed for Holiday</i>	<b>26</b> Taco Meat <i>or</i> Fajita Chicken Shredded Cheese Lettuce   Tomato Spanish Rice Pinto Beans Mixed Fruit Milk Taco Sauce   Sour Cream 4 oz 1/2 cup 1/2 oz 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1 each	<b>27</b> Chicken Spaghetti Green Beans Sliced Carrots Whole Wheat Roll Seasonal Fruit Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	<b>28</b> <i>New Year's Day Meal</i> Smoked Sausage Black-eyed Peas Parslied Rice Cabbage Cornbread Pineapple Cobbler Milk Margarine 2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	<b>29</b> Sliced Turkey Breast Swiss Cheese Lettuce   Tomato   Onion Broccoli Raisin Salad Wheat Bread Birthday Cake Milk Mustard 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 piece 1 each 1 each			

*Kim Demmert RD, LD*