


Northeast Louisiana October 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 Chicken & Sausage Jambalaya Black-eyed Peas Stewed Tomatoes Cornbread Butterscotch Pudding Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	2 Beef Patty Lettuce Tomato Pickle Hashbrown Casserole Hamburger Bun Tropical Fruit Crisp Milk Ketchup Mayonnaise	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	3 Taco Meat Pinto Beans Corn O'Brien Corn Tortilla Lime Gelatin Milk Sour Cream Taco Sauce	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	4 Pork Roast Brown Gravy Steamed Rice Spinach Dinner Roll Banana Moon Pie Milk Cranberry Juice Margarine	3 oz 1 oz 1/2 c 1/2 c 1 ea 1 ea 1 ea 1 ea
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	8 Taco Meat Shredded Cheese Lettuce Tomato Spanish Rice Flour Tortilla Cranberry Juice Hot Spiced Fruit Milk Taco Sauce Sour Cream	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each	9 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	10 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	11 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Broccoli Raisin Salad Wheat Bread Oatmeal Creme Cookie Milk Mustard Mayonnaise	2.25 1 c 1/2 c 1/2 c 2 slic 1 ea 1 ea 1 ea
Creole Steak Ranch Potatoes Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	15 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	16 Baked Chicken (Bone-In) Poultry Gravy Mashed Red Potatoes Summer Vegetables Wheat Bread Seasonal Fruit Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	17 Shredded Hawaiian Chicken Baked Beans Copper Penny Salad Hamburger Bun Mixed Fruit Cobbler Milk	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	18 Chicken Tenders Country Gravy Tater Gems Herbed Green Beans Mandarin Oranges Wheat Bread Milk Ketchup	2 ea 1 c 1/2 c 1/2 c 1/2 c 1 slic 1 ea 1 ea
Baked Meatballs Mozzarella Cheese Tomato Sauce Whole Kernel Corn Broccoli Florets Hot Dog Bun Rice Krispie Treat Milk Margarine	6 each 1/2 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	22 Smoked Sausage Red Kidney Beans Steamed Rice Turnip Greens Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	23 Grandma's Chicken & Rice Stewed Tomatoes Green Peas w/Peppers Whole Wheat Roll Sliced Apples Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	24 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 1 each	25 Oven Fried Chicken (Bone-In) Twice Whipped Potatoes Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine	1 ea 6 ea 1/2 c 1/2 c 1 slic 1 pie 1 ea 1 ea
Chicken & Sausage Jambalaya Collard Greens Okra & Tomatoes Wheat Bread Rosy Applesauce Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	29 Beef Spaghetti Casserole Green Peas w/Peppers Sliced Carrots Wheat Bread Lime Gelatin Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	30 Beef Chili w/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	31 Halloween Meal Meatloaf Brown Gravy Whipped Potatoes Medley Cabbage Whole Wheat Roll Pumpkin Bar Milk Margarine	4 oz 1 oz 1/2 cup 1/2 cup 1 each 1 square 1 each 1 each	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	

Kim Dommert RD, LD

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Northeast Louisiana November 2024

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**



Nourishment through
compassionate care.

<p>Nourishment through compassionate care.</p>								1 Teriyaki Meatballs or Cilantro Lime Chicken Parslied Rice Winter Vegetables Cranberry Juice Wheat Bread Mississippi Mud Pudding Milk Margarine 6 each 1/2 cup 1/2 cup 1 each 1 slice 1/2 cup 1 each 1 each	
4 Chicken Tenders Macaroni & Cheese Glazed Carrots Orange Juice White Bread Fig Bar Cookie Milk Margarine Ketchup BBQ Sauce 2 each 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each 1 each	5 BBQ Riblet Baked Beans Broccoli Florets Hamburger Bun Seasonal Fruit Milk 1 each 1/2 cup 1/2 cup 1 each 1 each 1 each	6 Picante Chicken Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	7 Swiss Steak Whipped Potatoes Green Peas Wheat Bread Mixed Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	8 Chicken Salad or Tuna Salad Lettuce Tomato Beet Salad Wheat Bread Fruited Orange Gelatin Milk 1/2 cup 1/2 cup 1 slice 1/2 cup 2 slices 1/2 cup 1 each					
11 Swedish Meatballs Twice Whipped Potatoes Peas & Carrots Wheat Bread Pineapple Tidbits Milk Margarine 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	12 Beef Patty or BBQ Chicken Tater Tot Casserole Coleslaw Hamburger Bun Peach Cobbler Milk Ketchup Mayonnaise 1 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	13 Chicken & Sausage Gumbo Stewed Tomatoes Garden Vegetables Saltine Crackers Strawberry Gelatin Milk Margarine 1 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	14 Bowtie Lasagna Green Beans Whole Kernel Corn Garlic Texas Toast Seasonal Fruit Milk 1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each	15 Sliced Ham Steamed Rice Black-eyed Peas Cabbage & Carrots Cornbread Fudge Creme Cookie Milk Margarine 3 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each					
18 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	19 Taco Meat or Fajita Chicken Shredded Cheese Lettuce Tomato Spanish Rice Flour Tortilla Cranberry Juice Hot Spiced Fruit Milk Taco Sauce Sour Cream 1/2 cup 1/2 cup 1/2 oz 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	20 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	21 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	22 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Broccoli Raisin Salad Wheat Bread Birthday Cake Milk Mustard Mayonnaise 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each 1 each					
25 Creole Steak Ranch Potatoes Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	26 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	27 Thanksgiving Meal Sliced Turkey Breast Poultry Gravy Cornbread Dressing Green Beans Cranberry Juice Dinner Roll Spice Cake Milk Cranberry Sauce Margarine 3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 piece 1 each 1 oz 1 each	28 Closed for Holiday		29 Closed for Holiday				

Kim Demmert RD, LD

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Northeast Louisiana December 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Baked Meatballs Mozzarella Cheese Tomato Sauce Whole Kernel Corn Broccoli Florets Hot Dog Bun Rice Krispie Treat Milk Margarine	6 each 1/2 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	3 Smoked Sausage Red Kidney Beans Steamed Rice Turnip Greens Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	4 Grandma's Chicken & Rice Stewed Tomatoes Green Peas w/Peppers Whole Wheat Roll Sliced Apples Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	5 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 each 1 each	6 Oven Fried Chicken (Bone-In) or Meatballs w/Mushroom Gravy Twice Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine	1 ea 6 ea 1/2 c 1/2 c 1 sli 1 ea 1 ea
Chicken & Sausage Jambalaya Collard Greens Okra & Tomatoes Wheat Bread Rosy Applesauce Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	10 Beef Spaghetti Casserole Green Peas w/Peppers Sliced Carrots Wheat Bread Lime Gelatin Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	11 Beef Chili w/Beans Steamed Rice Green Beans Cranberry Juice Saltine Crackers Diced Peaches Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 2 pkt 1/2 cup 1 each 1 each	12 Glazed Ham Baked Sweet Potato Cabbage Cornbread Seasonal Fruit Milk Margarine	3 oz 1 each 1/2 cup 1 each 1 each 1 each 1 each	13 Teriyaki Meatballs or Cilantro Lime Chicken Parslied Rice Winter Vegetables Cranberry Juice Wheat Bread Mississippi Mud Pudding Milk Margarine	6 ea 1/2 c 1/2 c 1/2 c 1 ea 1 sli 1/2 c 1 ea 1 ea
Chicken Tenders Macaroni & Cheese Glazed Carrots Orange Juice White Bread Fig Bar Cookie Milk Margarine Ketchup BBQ Sauce	2 each 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each 1 each	17 BBQ Riblet Baked Beans Broccoli Florets Hamburger Bun Seasonal Fruit Milk	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each	18 Picante Chicken Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	19 Swiss Steak Whipped Potatoes Green Peas Wheat Bread Mixed Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	20 <i>Christmas Meal</i> Glazed Ham Whipped Sweet Potatoes Green Bean Casserole Dinner Roll Carrot Raisin Cake Milk Margarine	3 o 1/2 c 1/2 c 1 ea 1 pie 1 ea 1 ea
Swedish Meatballs Twice Whipped Potatoes Peas & Carrots Wheat Bread Pineapple Tidbits Milk Margarine	6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	24 <i>Closed for Holiday</i>		25 <i>Closed for Holiday</i>		26 Bowtie Lasagna Green Beans Whole Kernel Corn Garlic Texas Toast Seasonal Fruit Milk	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each	27 <i>New Year's Meal</i> Smoked Sausage Black-eyed Peas Parslied Rice Cabbage Cornbread Birthday Cake Milk Margarine	2 ea 1/2 c 1/2 c 1/2 c 1 pie 1 pie 1 ea 1 ea
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	31 <i>Closed for Holiday</i>							



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