



11/5/2018

11/6/2018

11/7/2018

11/8/2018

11/9/2018

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Grilled Chicken with Onions and Peppers	Chicken Braised	Salisbury Steak	Baked Fish	Red Beans and Rice
Entrée	Smothered Pork Chop	Beef Liver & Onions	Spicy Cajun Chicken	Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	MeatLoaf	Blackened Chicken Breast	Salmon Pattie	Pot Roast	Blackened Shrimp with Pasta
Entrée/Chicken	Fried Chicken Tenders	BBQ Beef Sandwich	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Mashed Potatoes	French Fries	White Rice	Carrot Soufflé	Broccoli & Rice
Side/Vegetable	Corn	Buttered Okra	Green Beans	Macaroni and Cheese	Cabbage
Healthy Choice/Side	Pinto Beans	Turnip Greens	New Potatoes	Spinach	Corn
Healthy Choice/Side	Broccoli	Kidney Beans	Carrots	Black Eyed Peas	Mixed Squash
Healthy Choice/Fruit/Dessert	Apple	Banana	Banana	Apple	Orange
Soup	Chicken Rice Soup	Cream of Broccoli Soup	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noddle Soup
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
Side/Salads	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Onion	Cole Slaw
Healthy Choice/Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
Dessert	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



11/12/2018

11/13/2018

11/14/2018

11/15/2018

11/16/2018

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Lemon Pepper Fish (pollock)	Grilled Chicken with Onions and Peppers	Salisbury Steak w/Mushroom	Grilled Chicken with Mushroom Sauce	Grilled Pork Loin with Onion Sauce
Entrée	Chicken Salad Sandwich with Chips	BBQ Ribs	2 Beef Hot Dogs w/ Chili	Italian Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	Swiss Steak	Liver with Onion Sauce	Baked Fish	Turkey and Dressing	Hamburger w/ Fixings
Entrée/Chicken	Fried Chicken Tenders	Chicken Fried Steak w/ Cream Gravy	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Green Beans	Smothered Okra	Fried Okra	Carrot Souffle	Cabbage
Side/Vegetable	White Rice	Macaroni and Cheese	White Rice	Mashed Potatoes	French Fries
Healthy Choice/ Side	Black Eyed Peas	Turnip Greens	New Potatoes	Spinach	Corn
Healthy Choice/ Side	Broccoli w/Cheese	Kidney Beans	Peas & Carrots	Pinto Beans	Mixed Squash
Healthy Choice/ Fruit/Dessert	Chocolate Pudding	Apple	Banana	Vanilla Pudding	Orange
Soup	Chicken Rice Soup	Cream of Broccoli Soup	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noodle Soup
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
Side/Salads	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Tomato	Carrot and Raisin
Healthy Choice/ Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
Dessert	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



11/19/2018

11/20/2018

11/21/2018

11/22/2018

11/23/2018

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice / Entrée	Red Beans and Rice	Thanksgiving	Salisbury Steak with Onions	CLOSED	CLOSED
Entrée	Tuna Salad w/ Chips	Luncheon	Spicy Cajun Chicken		
Entrée	Pot Roast	Turkey and Dressing	Salmon Pattie		
Entrée/Chicken	Fried Chicken Tenders		Lemon Pepper Baked Chicken		
Side/Vegetable	Spinach Florentine	Mashed Potatoes or Macaroni & Cheese	White Rice		
Side/Vegetable	New Potatoes	Green Beans	Corn		
Healthy Choice/ Side	Cauliflower		Peas		
Healthy Choice/ Side	Broccoli		Carrots		
Healthy Choice/ Fruit/Dessert	Chocolate Pudding		Orange		
Soup	Chicken Rice Soup		Chicken and Sausage Gumbo		
Side/Salads	Tossed Spring Salad		Tossed Spring Salad		
Side/Salads	Fresh Fruit Salad		Fresh Fruit Salad		
Side/Salads	Broccoli Madeline		Pasta Salad		
Healthy Choice/ Bread	Sliced Whole Wheat		Sliced Whole Wheat		
Bread	Soft Roll/Corn Stick	Soft Roll	Soft Roll/Corn Stick		
Hot Dessert	Cobbler		Cobbler		
Dessert	Yellow Cake	Sweet Potato Pie or Assorted Desserts	Yellow Cake		
Dessert	Red Velvet Cake		Red Velvet Cake		
Dessert	Sweet Potato Pie		Sweet Potato Pie		
Dessert	Buttermilk Chess		Buttermilk Chess		



11/26/2018

11/27/2018

11/28/2018

11/29/2018

11/30/2018

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Lemon Pepper Fish (pollock)	Grilled Chicken with Onions and Peppers	Salisbury Steak with Sautéed Mushrooms	Grilled Chicken with Sautéed Mushrooms	Pork Loin with Onion Sauce
Entrée	Chicken Salad w/ Chips	BBQ Ribs	2 Beef Hot Dogs w/ Chili	Italian Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	Swiss Steak	Liver with Onion Sauce	Baked Fish	Turkey and Dressing	Hamburger w/ Fixings
Entrée/Chicken	Fried Chicken Tenders	Chicken Fried Steak w/ Cream Gravy	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Broccoli	Smothered Okra	Fried Okra	Green Beans	Carrot Soufflé
Side/Vegetable	White Rice	Macaroni and Cheese	White Rice	Mashed Potatoes	Broccoli and Rice
Healthy Choice/ Side	Cauliflower with Cheese Sauce	Yellow Rice	Roasted Potatoes	Corn	Harvard Beets
Healthy Choice/ Side	Kidney Beans	Turnip Greens	Pinto Beans	Spinach	Mixed Squash
Healthy Choice/ Fruit/Dessert	Vanilla Pudding	Banana	Strawberries & Bananas	Chocolate Pudding	Orange
Soup	Chicken Rice Soup	Cream of Broccoli Soup	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noddle Soup
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
Side/Salads	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Tomato	Carrot and Raisin
Healthy Choice/ Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
Dessert	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess