



1/7/2019

1/8/2019

1/9/2019

1/10/2019

1/11/2019

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken with Onions and Peppers	Beef Liver with Grilled Onions	Salisbury Steak with Onions	Baked Fish with Lemon Sauce (pollock)	Chicken & Dumplings
<b>Entrée</b>	Meat Loaf	BBQ Beef Sandwich	2 Beef Hot Dogs w/ Chili	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Turkey and Dressing	Chicken Salad Sandwich w/ Chips	Smothered Pork Chop	Pot Roast	Blackened Shrimp with Pasta
<b>Entrée/Chicken</b>	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Spinach Florentine	Mashed Potatoes	Green Beans	Carrot Soufflé	Cabbage
<b>Side/Vegetable</b>	Yellow Squash	Buttered Okra	White Rice	Macaroni and Cheese	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Cauliflower	Turnip Greens	New Potatoes	Roasted Potatoes	Rutabagas
<b>Healthy Choice/ Side</b>	Broccoli	Black-eyed Peas	Carrots	Spinach	Lima Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Chocolate Pudding	Banana	Orange	Banana	Apple
<b>Soup</b>	Chicken Rice Soup	Cream of Broccoli Soup	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noddle Soup
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Fresh Fruit Salad	Strawberry and Bananas	Cole Slaw	Strawberry and Bananas	Fresh Fruit Salad
<b>Side/Salads</b>	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Onion	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
<b>Hot Dessert</b>	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
<b>Dessert</b>	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
<b>Dessert</b>	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
<b>Dessert</b>	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



1/14/2019

1/15/2019

1/16/2019

1/17/2019

1/18/2019

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Healthy Choice / Entrée</b>	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
<b>Entrée</b>	Chicken Salad Sandwich	BBQ Ribs	Chicken Etouffee	Italian Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Swiss Steak	Liver & Onion Sauce	Baked Fish	Turkey and Dressing	Hamburger w/Fixings
<b>Entrée/Chicken</b>	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Broccoli	Smothered Okra	Fried Okra	Grilled Vegetables	Carrot Soufflé
<b>Side/Vegetable</b>	White Rice	Macaroni and Cheese	White Rice	Mash Potatoes	French Fries
<b>Healthy Choice/ Side</b>	Cauliflower with Cheese Sauce	Yellow Rice	Roasted Potatoes	Corn	Harvard Beets
<b>Healthy Choice/ Side</b>	Kidney Beans	Turnip Greens	Pinto Beans	Spinach	Mixed Squash
<b>Healthy Choice/ Fruit/Dessert</b>	Vanilla Pudding	Banana	Strawberries & Bananas	Chocolate Pudding	Orange
<b>Soup</b>	Chicken Rice Soup	Cream of Broccoli Soup	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noodle Soup
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Fresh Fruit Salad	Potato Salad	Fresh Fruit Salad	Strawberry and Bananas	Macaroni Salad
<b>Side/Salads</b>	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Tomato	Carrot and Raisin
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
<b>Hot Dessert</b>	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
<b>Dessert</b>	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
<b>Dessert</b>	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
<b>Dessert</b>	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



1/21/2019

1/22/2019

1/23/2019

1/24/2019

1/25/2019

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice / Entrée	<b>CLOSED</b>	Chicken Braised	Salisbury Steak	Baked Fish (pollock)	Chicken & Dumplings
Entrée		Liver & Onion Sauce	Turkey and Dressing	Meat Sauce and Spaghetti	Southern Fried Fish
Entrée		BBQ Beef Sandwich	2 Beef Hot Dogs w/ Chili	Pot Roast	Blackened Shrimp with Pasta
Entrée/Chicken		Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable		Mashed Potatoes	Green Beans	Carrot Soufflé	Broccoli & Rice
Side/Vegetable		Buttered Okra	White Rice	Broccoli	Macaroni & Cheese
Healthy Choice/ Side		Turnip Greens	New Potatoes	Spinach	Rutabagas
Healthy Choice/ Side		Kidney Beans	Carrots	Black Eyed Peas	Lima Beans
Healthy Choice/ Fruit/Dessert		Banana	Banana	Apple	Apple
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
Side/Salads		Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
Side/Salads		Spiced Beets	Cole Slaw	Cucumber and Onion	Cole Slaw
Healthy Choice/ Bread		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
Hot Dessert		Bread Pudding	Cobbler	Bread Pudding	Cobbler
Dessert		Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert		Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert		Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
Dessert		Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



1/28/2019

1/29/2019

1/30/2019

1/31/2019

2/1/2019

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken with Onions and Peppers	Beef Liver & Onions	Salisbury Steak w/Mushroom	Baked Fish	Grilled Pork Loin
<b>Entrée</b>	Turkey & Dressing	Baked Cajun Chicken	Chuck Wagon Stew	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Chicken Salad Sandwich	Chicken Fried Steak	Smothered Pork Chop	Pot Roast	Hamburger w/ Fixings
<b>Entrée/Chicken</b>	Swiss Steak	Chicken Etouffee	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Corn	Rice	Fried Okra	Carrot souffle	French Fries
<b>Side/Vegetable</b>	Spinach Florentine	Macaroni & Cheese	Green Beans	Mashed Potatoes	Lima Beans
<b>Healthy Choice/ Side</b>	Broccoli	Turnip Greens	New Potatoes	Spinach	Corn
<b>Healthy Choice/ Side</b>	Cauliflower	Black-Eyed Peas	Peas & Carrots	Pinto Beans	Mixed Squash
<b>Healthy Choice/ Fruit/Dessert</b>	Banana	Apple	Banana	Vanilla Pudding	Orange
<b>Soup</b>	Chicken & Rice	Cream of Broccoli	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noodle Soup
<b>Side/Salads</b>	Tossed Salad	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Strawberry & Bananas	Fresh Fruit Salad	Strawberry & Bananas	Fresh Fruit Salad	Macaroni Salad
<b>Side/Salads</b>	Broccoli & Madeline	Spiced Beets	Pasta Salad	Cucumber and Tomato	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/ Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
<b>Hot Dessert</b>	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
<b>Dessert</b>	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
<b>Dessert</b>	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie
<b>Dessert</b>	Buttermilk Chess	Pecan Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



2/4/2019

2/5/2019

2/6/2019

2/7/2019

2/8/2019

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Healthy Choice / Entrée</b>	Red Beans and Rice	Beef Liver & Onions	Salisbury Steak with Onions	Baked Fish with Lemon Sauce (pollock)	Chicken & Dumplings
<b>Entrée</b>	Meat Loaf	Smothered Pork Chop	Hot Dogs & Chili	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Salmon Patties	Baked Cajun Chicken	Blackened Chicken Breast	Turkey & Dressing	Blackened Shrimp with Pasta
<b>Entrée/Chicken</b>	Fried Chicken Tenders	BBQ Ribs	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Spinach Florentine	Macaroni & Cheese	Green Beans	Carrot Soufflé	Cabbage
<b>Side/Vegetable</b>	Yellow Squash	Smothered Okra	White Rice	Corn	Harvard Beets
<b>Healthy Choice/ Side</b>	Cauliflower	Turnip Greens	New Potatoes	Roasted Potatoes	Rutabagas
<b>Healthy Choice/ Side</b>	Broccoli	Black-Eyed Peas	Carrots	Spinach	Lima Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Chocolate Pudding	Banana	Orange	Banana	Apple
<b>Soup</b>	Chicken Rice Soup	Cream of Broccoli	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noodle Soup
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Fresh Fruit Salad	Strawberry & Banana	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
<b>Side/Salads</b>	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Onion	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
<b>Hot Dessert</b>	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
<b>Dessert</b>	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
<b>Dessert</b>	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
<b>Dessert</b>	Buttermilk Chess	Pecan Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess