



3/11/2019

3/12/2019

3/13/2019

3/14/2019

3/15/2019

Monday

Tuesday

Wednesday

Thursday

Friday

	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>	Tuna Salad Sandwich	BBQ Beef Sandwich	2 Beef Hot Dogs w/ Chili	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Turkey & Dressing	Chicken Fried Steak w/Cream Gravy	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>	Yellow Rice	Turnip Greens	New Potatoes	Pinto Beans	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



3/18/2019

3/19/2019

3/20/2019

3/21/2019

3/22/2019

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>	Meatloaf	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	Broccoli	Carrot Soufflé
<b>Side/Vegetable</b>	White Rice	Macaroni and Cheese	Green Beans	Sweet Potatoes	French Fries
<b>Healthy Choice/ Side</b>	Yellow Squash	Yellow Rice	Roasted Potatoes	Corn	Harvard Beets
<b>Healthy Choice/ Side</b>	Kidney Beans	Turnip Greens	Peas & Carrots	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



3/25/2019

3/26/2019

3/27/2019

3/28/2019

3/29/2019

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Red Beans and Rice	Chicken Braised	Salisbury Steak	Baked Fish (pollock)	Chicken & Dumplings
<b>Entrée</b>	Fried Chicken Tenders	Liver & Onion Sauce	Turkey and Dressing	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Baked Fish	BBQ Beef Sandwich	2 Beef Hot Dogs w/ Chili	Pot Roast	Blackened Shrimp with Pasta
<b>Entrée/Chicken</b>	Chicken Fried Steak	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Corn	Mashed Potatoes	Green Beans	Carrot Soufflé	Broccoli & Rice
<b>Side/Vegetable</b>	Spinach	Buttered Okra	White Rice	Broccoli	Macaroni & Cheese
<b>Healthy Choice/ Side</b>	Broccoli	Turnip Greens	New Potatoes	Spinach	Rutabagas
<b>Healthy Choice/ Side</b>	Cauliflower	Kidney Beans	Carrots	Black Eyed Peas	Lima Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Orange	Banana	Banana	Apple	Apple
<b>Soup</b>	Chicken & Rice	Cream of Broccoli Soup	Chicken and Sausage Gumbo	Vegetable Soup	Chicken Noodle Soup
<b>Side/Salads</b>	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
<b>Side/Salads</b>	Broccoli Madeline	Spiced Beets	Cole Slaw	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>	Pecan Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
<b>Dessert</b>	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



4/1/2019

4/2/2019

4/3/2019

4/4/2019

4/5/2019

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>	Fried Chicken Tenders	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 Potatoe Pie	Coconut Pie	Sweet Potato Pie
<b>Dessert</b>	Buttermilk Chess	Pecan Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



#VALUE!

#VALUE!