



4/8/2019

4/9/2019

4/10/2019

4/11/2019

4/12/2019

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Grilled Chicken with Onions and Peppers	Beef Liver with Grilled Onions	Salisbury Steak with Onions	Baked Fish with Lemon Sauce (pollock)	Chicken & Dumplings
Entrée	Tuna Salad Sandwich	BBQ Beef Sandwich	2 Beef Hot Dogs w/ Chili	Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	Turkey & Dressing	Baked Fish	Smothered Pork Chop	Pot Roast	Blackened Shrimp with Pasta
Entrée/Chicken	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Spinach Florentine	Mashed Potatoes	Green Beans	Carrot Soufflé	Cabbage
Side/Vegetable	Yellow Squash	Buttered Okra	White Rice	Macaroni and Cheese	Broccoli & Rice
Healthy Choice/ Side	Cauliflower	Turnip Greens	New Potatoes	Pinto Beans	Rutabagas
Healthy Choice/ Side	Broccoli	Black-eyed Peas	Carrots	Spinach	Lima Beans
Healthy Choice/ Fruit/Dessert	Chocolate Pudding	Banana	Orange	Banana	Apple
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	Cole Slaw	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



4/15/2019

4/16/2019

4/17/2019

4/18/2019

4/19/2019

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 Sandwich	BBQ Ribs	Chicken Etouffee	Italian Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	Meatloaf	Liver & Onion Sauce	Baked Fish	Turkey and Dressing	Hamburger w/Fixings
Entrée/Chicken	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Broccoli	Smothered Okra	Fried Okra	Broccoli	Carrot Soufflé
Side/Vegetable	White Rice	Macaroni and Cheese	Green Beans	Sweet Potatoes	French Fries
Healthy Choice/ Side	Cauliflower with Cheese Sauce	Yellow Rice	Roasted Potatoes	Corn	Harvard Beets
Healthy Choice/ Side	Kidney Beans	Turnip Greens	Peas & Carrots	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 Noodle Soup
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Potato Salad	Fresh Fruit Salad	Strawberry and Bananas	Macaroni 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



4/22/2019

4/23/2019

4/24/2019

4/25/2019

4/26/2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



4/29/2019

4/30/2019

5/1/2019

5/2/2019

5/3/2019

Monday

Tuesday

Wednesday

Thursday

Friday

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

