



3/2/2020

3/3/2020

3/4/2020

3/5/2020

3/6/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Pork Loin with Onion & Peppers	Liver with Grilled Onions	Salisbury Steak with Onions	Baked Fish	4oz Teriyaki Chicken Breast
<b>Entrée</b>	Baked Swiss Steak	BBQ Ribs	2 Beef Hot Dogs w/ Chili	Spaghetti & Meatsauce	Southern Fried Fish
<b>Entrée</b>	Baked Chicken	Sausage Crusted Fish	Smothered Pork Chop	Turkey & Dressing	Pot Roast
<b>Entrée/Chicken</b>	Fried Chicken Tenders	Baked Cajun Chicken	BBQ Chicken Wings	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Mashed Potatoes	Fried Squash	Buttered Okra	Sweet Potatoes	Cabbage
<b>Side/Vegetable</b>	Fried Green Tomatoes	White Rice	Yellow Rice	Broccoli & Rice	Carrot Souffle
<b>Healthy Choice/ Side</b>	Corn	Collard Greens	Broccoli	Spinach	Rutabagas
<b>Healthy Choice/ Side</b>	Broccoli	Black-eyed Peas	New Potatoes	Corn	Lima Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Chocolate Pudding	Banana	Applesauce	Chocolate Pudding	Pineapple
<b>Soup</b>	Chicken Noodle	Cream of Broccoli	Chicken and Sausage Gumbo	Vegetable	Chicken and Rice
<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	Strawberries & Bananas	Cucumber & Tomato	Strawberries & Bananas	Fresh Fruit Salad
<b>Side/Salads</b>	Tossed Spring Salad	Spiced Beets	Pasta Salad	Broccoli Madeline	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Whole Wheat Rolls	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/Cornstick	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 Pie	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie	Pecan Pie	Sweet Potato Pie
<b>Dessert</b>	Buttermilk Chess	Custard Pie	Buttermilk Chess	Sweet Potato Pie	Buttermilk Chess



3/9/2020

3/10/2020

3/11/2020

3/12/2020

3/13/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken	Liver & Onion Sauce	Salisbury Steak	Baked Fish	Grilled Pork Loin with Onions & peppers
<b>Entrée</b>	Stuffed Fish	BBQ Beef Sandwich	Chicken Etouffee/ Rice	Italian Meat Sauce and Spaghetti	Hamburger w/fixings
<b>Entrée</b>	Chicken Fried Steak	Smothered Pork Chops	Herb Crumb Fish	Turkey & Dressing w/Cranberry Sauce	Rotisserie Chicken
<b>Entrée/Chicken</b>	Chicken Tenders	Baked Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Southern Fried Fish
<b>Side/Vegetable</b>	Green Tomatoes	Fried Squash	Carrot Souffle	Smothered Okra	Cabbage
<b>Side/Vegetable</b>	White Rice	Macaroni and Cheese	Green Beans	Sweet Potatoes	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Broccoli	Black Eyed Peas	Spinach	Corn	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Cauliflower	Turnip Greens	Peas & Carrots	Collard Greens	Baked Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Banana	Orange	Chocolate Pudding	Orange
<b>Soup</b>	Chicken Noodle	Cream of Broccoli	Chicken and Sausage Gumbo	Vegetable	Chicken and Rice
<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	Potato Salad	Fresh Fruit Salad	Strawberries & Bananas	Fresh Fruit Salad
<b>Side/Salads</b>	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Tomato	Broccoli Madeline
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Whole Wheat Roll	Sliced Whole Wheat	Whole Wheat Roll	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>	Pecan Pie	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



3/16/2020

3/17/2020

3/18/2020

3/19/2020

3/20/2020

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Monday	Tuesday	Wednesday	Thursday	Friday
	Grilled Chicken	Chicken Braised	Salisbury Steak	Baked Fish	Chicken Pot pie
Entrée	Baked Swiss Steak	Liver & Onion Sauce	Turkey & Dressing w/Cranberry Sauce	Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	Tuna Salad Sandwich	BBQ Ribs	Parmesan Fish	Pot Roast	Beef Stew
Entrée/Chicken	Chicken Tenders	Smothered Pork Chop	BBQ Chicken Wings	Fried Chicken	Chicken Teriyaki
Side/Vegetable	Brocoli Rice	Mashed Potatoes	Green Beans	Sweet Potatoes	Carrot Souffle
Side/Vegetable	Fried Green Tomatoes	Buttered Okra	White Rice	Broccoli	Macaroni & Cheese
Healthy Choice/Side	Broccoli	Collard Greens	New Potatoes	Spinach	Rutabagas
Healthy Choice/Side	Corn	Pinto Beans	Carrots	Black Eyed Peas	Corn
Healthy Choice/Fruit/Dessert	Apple	Banana	Banana	Apple	Applesauce
Soup	Chicken Noodle	Cream of Broccoli	Chicken and Sausage Gumbo	Vegetable	Chicken and Rice
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	Potato Salad	Cole Slaw	Cucumber and Onion	Cole Slaw
Healthy Choice/Bread	Sliced Whole Wheat	Whole Wheat Rolls	Sliced Whole Wheat	Whole Wheat Rolls	Sliced Whole Wheat
Bread	Soft Roll/Cornstick	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	Pecan Pie	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



3/23/2020

3/24/2020

3/25/2020

3/26/2020

3/27/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken	Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Beef Sandwich	Herb Crumb Fish	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Tuna Salad Sandwich	Parmesan Fish	Smothered Pork Chop	Turkey & Dressing w/Cranberry Sauce	Hamburger w/ Fixings
<b>Entrée/Chicken</b>	Baked Swiss Steak	Baked Chicken	BBQ Wings	Fried Chicken	Chicken Tetrazzini
<b>Side/Vegetable</b>	Fried Green Tomatoes	Fried Squash	Rice	Carrot souffle	French Fries
<b>Side/Vegetable</b>	Spinach	Smothered Okra	Green Beans	Mashed Potatoes	Lima Beans
<b>Healthy Choice/ Side</b>	Broccoli	Black-Eyed Peas	Peas & Carrots	Spinach	Corn
<b>Healthy Choice/ Side</b>	Mixed Vegetables	Greens	New Potatoes	Pinto Beans	Mixed Squash
<b>Healthy Choice/ Fruit/Dessert</b>	Orange	Apple	Orange	Vanilla Pudding	Orange
<b>Soup</b>	Chicken Noodle	Cream of Broccoli	Chicken and Sausage Gumbo	Vegetable	Chicken and Rice
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Strawberry & Bananas	Fresh Fruit	Strawberries & Bananas	Fresh Fruit Salad	Macaroni Salad
<b>Side/Salads</b>	Pasta Salad	Broccoli Madeline	Potato Salad	Cucumber and Tomato	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Whole Wheat Roll	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/Cornstick	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	Pecan Pie	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie
<b>Dessert</b>	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess

