



9/28/2020

9/29/2020

9/30/2020

10/1/2020

10/2/2020

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Baked Fish	Liver & Onion Sauce	Salisbury Steak	Baked Fish	Grilled Pork Loin
Entrée	Meatloaf	Smothered Pork Chop		Spaghetti & Meatsauce	Southern Fried Fish
Entrée			Parmesan Fish		
Entrée/Chicken	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Cabbage	Rice	Green Beans	Sweet Potatoes	Lima Beans
Side/Vegetable	White Rice	Buttered Okra	Mashed Potatoes	Macaroni and Cheese	Broccoli & Rice
Healthy Choice/Side	Pinto Beans	Turnip Greens	Broccoli	Spinach	Corn
Healthy Choice/Side	Broccoli	Black-Eyes	Carrots	Black Eyed Peas	Mixed Squash
Healthy Choice/Fruit/Dessert	Apple	Banana	Banana	Apple	Orange
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			
Side/Salads			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	Cobbler	Cobbler	Cobbler	Cobbler
Dessert			Yellow Cake	Chocolate Cake	
Dessert	Red Velvet Cake	Italian Cream Cake			Red Velvet Cake
Dessert	Sweet Potato Pie		Sweet Potatoes Pie		
Dessert		Custard Pie		Custard Pie	Buttermilk Chess



10/5/2020

10/6/2020

10/7/2020

10/8/2020

10/9/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Lemon Pepper Fish	Liver & Onion Sauce	Salisbury Steak w/Mushroom	Baked Fish	Grilled Pork Loin with Onion Sauce
<b>Entrée</b>	Baked Swiss Steak	Smothered Pork Chops	Chicken Etouffee	Spaghetti & Meatballs	Southern Fried Fish
<b>Entrée</b>				Turkey & Dressing	
<b>Entrée/Chicken</b>	Fried Chicken Tenders	Baked Cajun Chicken	Parmesan Fish	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Fried Green Tomatoes	Rice	Fried Squash	Sweet Potatoes	Carrot Souffle
<b>Side/Vegetable</b>	White Rice	Macaroni and Cheese	Green Beans	Broccoli	Broccoli and Rice
<b>Healthy Choice/ Side</b>	Corn	Turnip Greens	New Potatoes	Spinach	Corn
<b>Healthy Choice/ Side</b>	Broccoli w/Cheese	Black-Eyes	Peas & Carrots	Pinto Beans	Mixed Squash
<b>Healthy Choice/ Fruit/Dessert</b>	Chocolate Pudding	Apple	Banana	Vanilla Pudding	Orange
<b>Soup</b>					
<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	Fresh Fruit Salad
<b>Side/Salads</b>		Spiced Beets	Pasta Salad		
<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	Cobbler	Cobbler	Cobbler	Cobbler
<b>Dessert</b>		Chocolate Cake	Yellow Cake		Yellow Cake
<b>Dessert</b>	Red Velvet Cake			Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie		Sweet Potatoes Pie		Sweet Potatoes Pie
<b>Dessert</b>		Custard Pie		Custard Pie	



10/12/2020

10/13/2020

10/14/2020

10/15/2020

10/16/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Red Beans and Rice	Beef Liver with Grilled Onions	Salisbury Steak with Onions	Baked Fish with Lemon Sauce (pollock)	Grilled Pork Loin
<b>Entrée</b>	Meatloaf	Smothered Pork Chop	Hot Dogs & Chili	Spaghetti & Meatsauce	Southern Fried Fish
<b>Entrée</b>				Turkey & Dressing	
<b>Entrée/Chicken</b>	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Spicy Cajun chicken
<b>Side/Vegetable</b>	Fried Green Tomatoes	Rice	Green Beans	Macaroni & Cheese	Cabbage
<b>Side/Vegetable</b>	Grilled Vegetables	Buttered Okra	Fried Squash	Broccoli & Rice	Carrot Souffle
<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>					
<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			
<b>Side/Salads</b>			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	Cobbler	Cobbler	Cobbler	Cobbler
<b>Dessert</b>	Yellow Cake			Chocolate Cake	
<b>Dessert</b>		Italian Cream Cake	Red Velvet Cake		Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie				Sweet Potatoes Pie
<b>Dessert</b>		Custard Pie	Buttermilk Chess	Custard Pie	



10/19/2020

10/20/2020

10/21/2020

10/22/2020

10/23/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Lemon Pepper Fish	Liver & Onion Sauce	Salisbury Steak with Sautéed Mushrooms	Grilled Chicken with Sautéed Mushrooms	Pork Loin with Onion Sauce
<b>Entrée</b>		Parmesan fish	Sausager Crusted Fish	Spaghetti & Meatballs	Southern Fried Fish
<b>Entrée</b>	Swiss Steak	Smothered Pork Chop			
<b>Entrée/Chicken</b>	Fried Chicken Tenders		Chicken Pot pie	Fried Chicken	Rotisserie Chicken
<b>Side/Vegetable</b>	Broccoli	Smothered Okra	Green Beans	Broccoli & Rice	Carrot Soufflé
<b>Side/Vegetable</b>	Twice Baked Potato	Macaroni & Cheese	White Rice	Sweet Potatoes	Cabbage
<b>Healthy Choice/ Side</b>	Cauliflower with Cheese Sauce	Yellow Rice	Peas & Carrots	Corn	Harvard Beets
<b>Healthy Choice/ Side</b>	Pinto Beans	Turnip Greens	Broccoli	Spinach	Mixed Squash
<b>Healthy Choice/ Fruit/Dessert</b>	Vanilla Pudding	Banana	Strawberries & Bananas	Chocolate Pudding	Orange
<b>Soup</b>					
<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	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit 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	Cobbler	Cobbler	Cobbler	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