



10/4/2021

10/5/2021

10/6/2021

10/7/2021

10/8/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Grilled Pork Loin	Liver with Grilled Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
Entrée	Southern Fried Fish	Smothered Pork Chop	BBQ Pork	Spaghetti & Meatballs	Southern Fried Fish
Entrée	Country Fried Steak	Baked Fish	Club Sandwich	Turkey & Dressing	Meatloaf
Entrée	Baked Chicken	Grilled Chicken Breast	Chicken Tenders	Fried Chicken	Baked Chicken
Side/Vegetable	Mashed Potatoes	Rice	Green Beans	Spinach	Cabbage
Side/Vegetable	Corn	Buttered Okra	Fried Squash	Broccoli & Rice	Carrot Souffle
Healthy Choice/ Side	Broccoli	Turnip Greens	Carrots	Pinto Beans	Broccoli
Healthy Choice/ Side	Mixed Vegetables	Black-eyed Peas	New Potatoes	Corn	Lima Beans
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads					
Healthy Choice/ Bread					
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	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					
Dessert					



10/11/2021

10/12/2021

10/13/2021

10/14/2021

10/15/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Grilled Chicken	Beef Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin with Onions & peppers
Entrée	Southern Fried Fish	Baked Fish	Club Sandwich	Spaghetti & Meatsauce	Hamburger & Toppings
Entrée	Baked Swiss Steak	Turkey & Dressing	Hot Dogs & Chili	Turkey & Dressing	Rotisserie Chicken
Entrée/Chicken	Tuna Salad Sandwich	Baked Chicken	Chicken Tenders	Fried Chicken	Southern Fried Fish
Side/Vegetable	Lima Beans	Rice	Mac & Cheese	Broccoli	Carrot Souffle
Side/Vegetable	Mashed Potatoes	Fried Okra	Green Beans	Sweet Potatoes	Green Beans
Healthy Choice/ Side	Cauliflower	Black Eyed Peas	New Potatoes	Spinach	Mixed Vegetables
Healthy Choice/ Side	Broccoli	Turnip Greens	Peas & Carrots	Pinto Beans	Beets
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads					
Healthy Choice/ Bread					
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	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert					
Dessert					



10/18/2021

10/19/2021

10/20/2021

10/21/2021

10/22/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Grilled Chicken	Beef Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
Entrée	Country Fried Steak	Smothered Pork Chop	Hot Dogs & Chili	Spaghetti & Meatballs	Southern Fried Fish
Entrée	Southern Fried Fish	Tuna Sandwich	Baked Fish	Turkey & Dressing	Chicken Pot pie
Entrée/Chicken	BBQ Pork	Baked Chicken	Chicken Tenders	Fried Chicken	Baked Swiss Steak
Side/Vegetable	Peas & Carrots	Rice	Green Beans	Sweet Potatoes	Carrot Souffle
Side/Vegetable	Mashed Potatoes	Buttered Okra	Mac & Cheese	Broccoli & Rice	Cabbage
Healthy Choice/ Side	Corn	Turnip Greens	New Potatoes	Spinach	Lima Beans
Healthy Choice/ Side	Broccoli	Black-Eyed Peas	Carrots	Mixed Vegetables	Corn
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads					
Healthy Choice/ Bread					
Bread	Soft Roll/Cornstick	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	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert					
Dessert					



10/25/2021

10/26/2021

10/27/2021

10/28/2021

10/29/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Red Beans & Rice	Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
Entrée	Country Fried Steak	Baked Fish	BBQ Pork Sandwich	Spaghetti & Meatsauce	Southern Fried Fish
Entrée	Southern Fried Fish	Club Sandwich	Turkey & Dressing	Meatloaf	Hamburger & Toppings
Entrée/Chicken	Grilled Chicken Breast	Baked Chicken	Chicken Tenders	Fried Chicken	Baked Chicken
Side/Vegetable	Mixed Vegetables	Macaroni & Cheese	Rice	Broccoli & Rice	Carrot Souffle
Side/Vegetable	Mashed Potatoes	Fried Okra	Green Beans	Sweet Potatoes	Cabbage
Healthy Choice/ Side	Broccoli	Yellow Rice	Peas & Carrots	Spinach	Beets
Healthy Choice/ Side	Cauliflower	Greens	Broccoli	Corn	Mixed Squash
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit Salad	Fresh Fruit
Side/Salads					
Healthy Choice/ Bread					
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	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					
Dessert					



9/27/2021
Monday

9/28/2021
Tuesday

9/29/2021
Wednesday

9/30/2021
Thursday

10/1/2021
Friday

Healthy Choice / Entrée	Grilled Chicken	Beef Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
Entrée	Meatloaf	Smothered Pork Chop	Hot Dogs & Chili	Club Sandwich	Southern Fried Fish
Entrée	Southern Fried Fish	BBQ Pork	Country Fried Steak	Spaghetti & Meatsauce	Turkey & Dressing
Entrée/Chicken	Tuna Sandwich	Baked Chicken	Chicken Tenders	Fried Chicken	Hamburger & Toppings
Side/Vegetable	Mashed Potatoes	Rice	Green Beans	Mixed Vegetables	Cabbage
Side/Vegetable	Mixed Vegetables	Buttered Okra	Fried Squash	Macaroni & Cheese	Carrot Souffle
Healthy Choice/ Side	Corn	Turnip Greens	New Potatoes	Spinach	Broccoli
Healthy Choice/ Side	Broccoli	Black-eyed Peas	Carrots	Corn	Lima Beans
Healthy Choice/ Fruit/Dessert	Apple	Banana	Orange	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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit Salad
Side/Salads					
Healthy Choice/ Bread	Apple	Orange	Apple	Orange	Apple
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	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					
Dessert					