



11/1/2021

11/2/2021

11/3/2021

11/4/2021

11/5/2021

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken	Liver with Grilled Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
<b>Entrée</b>	Southern Fried Fish	Smothered Pork Chop	BBQ Pork	Spaghetti & Meatballs	Southern Fried Fish
<b>Entrée</b>	Country Fried Steak	Baked Fish	Baked Chicken		
<b>Entrée</b>				Fried Chicken	Baked Chicken
<b>Side/Vegetable</b>	Mashed Potatoes	Rice	Green Beans	Spinach	Cabbage
<b>Side/Vegetable</b>	Corn	Buttered Okra	Fried Squash	Broccoli & Rice	Carrot Souffle
<b>Healthy Choice/ Side</b>	Broccoli	Turnip Greens	Carrots	Pinto Beans	Broccoli
<b>Healthy Choice/ Side</b>	Mixed Vegetables	Black-eyed Peas	New Potatoes	Corn	Lima Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple	Orange	Apple
<b>Soup</b>		Cream of Broccoli		Chicken & Sausage Gumbo	Chicken Noodle
<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	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
<b>Side/Salads</b>					
<b>Healthy Choice/ Bread</b>					
<b>Bread</b>	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	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>					
<b>Dessert</b>					



11/8/2021

11/9/2021

11/10/2021

11/11/2021

11/12/2021

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken	Beef Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin with Onions & peppers
<b>Entrée</b>	Southern Fried Fish	Baked Fish		Spaghetti & Meatsauce	
<b>Entrée</b>	Baked Swiss Steak	Turkey & Dressing	Hot Dogs & Chili		Rotisserie Chicken
<b>Entrée/Chicken</b>	Tuna Salad Sandwich		Baked Chicken	Fried Chicken	Southern Fried Fish
<b>Side/Vegetable</b>	Lima Beans	Rice	Mac & Cheese	Broccoli	Carrot Souffle
<b>Side/Vegetable</b>	Mashed Potatoes	Fried Okra	Green Beans	Sweet Potatoes	Green Beans
<b>Healthy Choice/ Side</b>	Cauliflower	Black Eyed Peas	Rutabagas	Spinach	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Broccoli	Turnip Greens	Peas & Carrots	Pinto Beans	Beets
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple	Orange	Apple
<b>Soup</b>		Chicken & Sausage Gumbo		Chicken Noodle	Cream of Broccoli
<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	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
<b>Side/Salads</b>					
<b>Healthy Choice/ Bread</b>					
<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>					
<b>Dessert</b>					



11/15/2021

11/16/2021

11/17/2021

11/18/2021

11/19/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Monday	Tuesday	Wednesday	Thursday	Friday
	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 Chicken		Chicken Pot pie
Entrée/Chicken		Turkey & Dressing		Fried Chicken	
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		Chicken Noodle		Chicken & Sausage Gumbo	Cream of Broccoli
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					



11/22/2021

11/23/2021

11/24/2021

11/25/2021

11/26/2021

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Red Beans & Rice	Liver & Onions	Chopped Beef	Closed for Thanksgiving	Closed for Thanksgiving
<b>Entrée</b>	Baked Swiss Steak	Baked Fish			
<b>Entrée</b>	Southern Fried Fish		Turkey & Dressing		
<b>Entrée/Chicken</b>	Grilled Chicken Breast	Baked Chicken			
<b>Side/Vegetable</b>	Mixed Vegetables	Macaroni & Cheese	Mashed Potatoes		
<b>Side/Vegetable</b>	Corn	Fried Okra	Green Beans		
<b>Healthy Choice/ Side</b>	Broccoli	Yellow Rice	Peas & Carrots		
<b>Healthy Choice/ Side</b>	Rutabagas	Greens	Broccoli		
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple		
<b>Soup</b>	Cream of Broccoli				
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad		
<b>Side/Salads</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit		
<b>Side/Salads</b>					
<b>Healthy Choice/ Bread</b>					
<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	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>					
<b>Dessert</b>					



**9/27/2021**  
**Monday**

**9/28/2021**  
**Tuesday**

**9/29/2021**  
**Wednesday**

**9/30/2021**  
**Thursday**

**10/1/2021**  
**Friday**

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