



11/29/2021

11/30/2021

12/1/2021

12/2/2021

12/3/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Grilled Chicken	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	Baked Chicken		
Entrée				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		Cream of Broccoli		Chicken & Sausage Gumbo	Chicken Noodle
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					



12/6/2021

12/7/2021

12/8/2021

12/9/2021

12/10/2021

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		Spaghetti & Meatsauce	
Entrée	Baked Swiss Steak	Turkey & Dressing	Hot Dogs & Chili		Rotisserie Chicken
Entrée/Chicken	Tuna Salad Sandwich		Baked Chicken	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	Rutabagas	Spinach	Mixed Vegetables
Healthy Choice/Side	Broccoli	Turnip Greens	Peas & Carrots	Pinto Beans	Beets
Healthy Choice/Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Soup		Chicken & Sausage Gumbo		Chicken Noodle	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/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					



12/13/2021

12/14/2021

12/15/2021

12/16/2021

12/17/2021

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 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					
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12/20/2021

12/21/2021

12/22/2021

12/23/2021

12/24/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Red Beans & Rice	Liver & Onions	Chopped Beef	Closed for Christmas	Closed for Christmas
Entrée	Baked Swiss Steak	Baked Fish			
Entrée	Southern Fried Fish		Turkey & Dressing		
Entrée/Chicken	Grilled Chicken Breast	Baked Chicken			
Side/Vegetable	Mixed Vegetables	Macaroni & Cheese	Mashed Potatoes		
Side/Vegetable	Corn	Fried Okra	Green Beans		
Healthy Choice/Side	Broccoli	Yellow Rice	Peas & Carrots		
Healthy Choice/Side	Rutabagas	Greens	Broccoli		
Healthy Choice/Fruit/Dessert	Apple	Orange	Apple		
Soup	Cream of Broccoli				
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad		
Side/Salads	Fresh Fruit	Fresh Fruit	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					
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12/27/2021
Monday

12/28/2021
Tuesday

12/29/2021
Wednesday

12/30/2021
Thursday

12/31/2021
Friday

Healthy Choice / Entrée	Grilled Chicken	Beef Liver & Onions	Chopped Beef	Baked Fish	Grilled Pork Loin
Entrée	Meatloaf	Smothered Pork Chop	Hot Dogs & Chili		Southern Fried Fish
Entrée	Southern Fried Fish		Country Fried Steak	Spaghetti & Meatsauce	Turkey & Dressing
Entrée/Chicken	Tuna Sandwich	Baked Chicken		Fried Chicken	
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					