



8/29/2022

8/30/2022

8/31/2022

9/1/2022

9/2/2022

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Beef Stroganoff/Rice	Southern Fried Fish/Fried Shrimp	Fried Chicken
<b>Entrée</b>	Smothered Pok Chop	Meatloaf	Hot Dogs/Chili	Chicken Tetrizzini	Spaghetti & Meatsauce
<b>Entrée</b>	Spicy Cajun Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Cabbage	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
<b>Side/Vegetable</b>	Mac & Cheese	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
<b>Side/Vegetable</b>	Black-Eyed Peas	Fried Squash	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Corn
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple	Orange	Apple
<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>	Tuna Salad		Tuna Salad		Tuna Salad
<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>					



9/5/2022

9/6/2022

9/7/2022

9/8/2022

9/9/2022

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Shepherd's Pie	Southern Fried Fish/Fried Shrimp	Fried Chicken
<b>Entrée</b>	Baked Swiss Steak	Roast Beef	BBQ Pork	Chicken Cacciatore/Rice	Spaghetti & Meatballs
<b>Entrée</b>	Blackened Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Carrot Souffle
<b>Side/Vegetable</b>	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Green Lima Beans
<b>Side/Vegetable</b>	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Corn
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple	Orange	Apple
<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>	Tuna Salad		Tuna Salad		Tuna Salad
<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>					



9/12/2022

9/13/2022

9/14/2022

9/15/2022

9/16/2022

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Chicken Liver/Onion	Chopped Beef/Onions	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Beef Stroganoff/Rice	Southern Fried Fish/Fried Shrimp	Fried Chicken
<b>Entrée</b>	Smothered Pork Chop	Meat Loaf	Hot Dogs/Chili	Chicken Tetrazzini	Spaghetti & Meatsauce
<b>Entrée</b>	Spicy Cajun Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Cabbage	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
<b>Side/Vegetable</b>	Mac & Cheese	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
<b>Side/Vegetable</b>	Black-Eyed Peas	Fried Squash	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Corn
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple	Orange	Apple
<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>Bread</b>	Soft Roll/Cornstick	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>					



9/19/2022

9/20/2022

9/21/2022

9/22/2022

9/23/2022



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Chuck Wagon Stew/Rice	Southern Fried Fish/Fried Shrimp	Fried Chicken
<b>Entrée</b>	Baked Swiss Steak	Roast Beef	BBQ Pork	Chicken Cacciatore/Rice	Spaghetti & Meatballs
<b>Entrée</b>	Blackened Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Carrot Souffle
<b>Side/Vegetable</b>	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Green Lima Beans
<b>Side/Vegetable</b>	Cabbage	Fried Squash	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Corn
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Orange	Apple	Orange	Apple
<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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Side/Salads</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>					



**9/26/2022**  
Monday

**9/27/2022**  
Tuesday

**9/28/2022**  
Wednesday

**9/29/2022**  
Thursday

**9/30/2022**  
Friday

<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Shepherd's Pie	Southern Fried Fish/Fried Shrimp	Fried Chicken
<b>Entrée</b>	Smothered Pork Chop	Meatloaf	Hot Dogs/Chili	Chicken Tetrazzini	Spaghetti & Meatsauce
<b>Entrée</b>	Spicy Cajun Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Cabbage	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
	Black-Eyed Peas	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Side/Vegetable</b>	Mac & Cheese	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Corn
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Banana	Orange	Apple	Orange
<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>					

I certify that the above menu, meets 20%, plus or minus, the monthly nutrient targets, for American males and females, 51+ yrs, based on the Dietary Guidelines 2021-2025.

Dietician Signature:

Date: