



**1/8/2024**

1/9/2024

1/10/2024

1/11/2024

1/12/2024

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Healthy Choice / Entrée</b>	Baked CHICKEN	Baked Fish	Grilled Pork Loin	Fried Chicken Wings	Grilled Chicken Breast
<b>Entrée</b>	CHICKEN TETRAZZINE	BBQ Wings	Baked Swiss Steak	Fried Chicken	Fried Fish
<b>Entrée</b>	Chicken Pot Pie	SHEPERD PIE	Hot Dogs/Chili	Spaghetti Baked Italian	Hamburgers
<b>Entrée</b>	Beef Liver	Turkey & Dressing	Baked Chicken	Shrimp Scampi	Baked Chicken
<b>Side/Vegetable</b>	Baby Lima Beans	Mashed Potatoes	Yellow Rice	Baked Sweet Potato	Corn on the cob
<b>Side/Vegetable</b>	Broccoli & Rice Casserole	Buttered Okra	Green Beans	Cabbage	Seasoning Spinach
<b>Side/Vegetable</b>	Grilled Squash/Zucchini	Navy Beans	Sweet Potatoes	Blackeye Peas	Macaroni & Cheese
<b>Healthy Choice/ Side</b>	Steamed Cabbage	Broccoli	Spinach	Collard Greens	Vegetable & Medley
<b>Healthy Choice/ Side</b>	Broccoli	Carrots	Beets	Seasoning Carrots	Pinto Beans
<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	Cucumber Salad
<b>Side/Salads</b>	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
<b>Side/Salads</b>	Carrot Raisin Salad	Egg Salad	Cobb Salad	Tuna Salad	Chicken Salad
<b>Bread</b>	Sof Roll/Corn Stick	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>	Sweet Potato Pie	Buttermilk Cheese	Banana Cream Pie	Apple	Lemon Meringue
<b>Soup</b>					

Dietician  
Signature:

*Chandra B. Carter, R.D.M., L.D.*



1/15/2024

1/16/2024

1/17/2024

1/18/2024

1/19/2024

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Grilled Chicken Breast	Lemon Pepper Baked Fish	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	Teriyaki Chicken Wings	Chicken Tetrazzine	Fried Chicken	Fried Fish
<b>Entrée</b>	Baked Swiss Steak	Roast Beef	BBQ Pulled Chicken	Chicken Cacciatore/Rice	Meatballs & Brown gravy & Onion Sauce
<b>Entrée</b>	Chuckwagon Stew	Turkey & Dressing	Baked Chicken	Fried Chicken Wings	Chicken
<b>Side/Vegetable</b>	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Carrot Souffle
<b>Side/Vegetable</b>	Black-Eyed Peas	Smothered Okra	Green Beans	Cabbage	Large Lima Beans
<b>Side/Vegetable</b>	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Healthy Choice/ Side</b>	Collard 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>	Chicken Salad	Egg Salad	Tuna Salad	Cobb 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>	Pecan Pie	Chocolate Crème Pie	Sweet Potato Pie	Egg Custard	Sweet Potato Pie
<b>Soup</b>					

Dietician Signature: *Chandra B. Carter, R.D.M., L.D.*



1/22/2024

1/23/2024

1/24/2024

1/25/2024

1/26/2024

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Beef liver & Onions	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Baked Swiss Steak	FRIED Chicken/ Wings	Fried Fish
<b>Entrée</b>	Smothered Pork Chop	Meat Loaf	Hot Dogs/Chili	Chicken Tetrzzini	Meatloaf with Spanish Sauce
<b>Entrée</b>	Chicken & Dumpling	Turkey & Dressing	Baked Chicken	Beef Stew / rICE	Baked Fish
<b>Side/Vegetable</b>	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
<b>Side/Vegetable</b>	Black-Eyed Peas	Green Peas	Green Beans	Cabbage	Large Lima Beans
<b>Side/Vegetable</b>	Cabbage	Fried Squash	Load Baked Potato	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 on the cob
<b>Healthy Choice/ Fruit/Dessert</b>	Banana	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>	Sweet Potao Pie	Apple Pie	Pecan Pie	Banana Crème Pie	Chocolate Crème Pie
<b>Soup</b>					

Dietician  
Signature:

*Chandra B. Carter, R.D.M., L.D.*



1/29/2024

1/30/2024

1/31/2024

2/1/2024

2/2/2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Healthy Choice / Entrée</b>	Beef Liver/Onions	Baked Fish	Grilled Pork Loin	Baked Fish	Grilled Chicken Breast
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Shepherd's Pie	Fried Chicken/ Wings	Southern Fried Fish
<b>Entrée</b>	Baked Swiss Steak	Roast Beef	BBQ Pork	Italian Spaghetti Baked	Chopped Steaks with Gravy & Onions
<b>Entrée</b>	Blackened Shrimp/Rice	CHINESE Pepper Steak	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Broccoli & Rice
<b>Side/Vegetable</b>	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Carrot Souffle
<b>Side/Vegetable</b>	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Yellow Rice
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Broccoli
<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/Cornstick
<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	Red Velvet Cake
<b>Dessert</b>					
<b>Soup</b>					

Dietician Signature: *Chandra B. Coats, R.D.N., L.D.*

I certify, that the above menus, meet the 20%+ nutrient targets for American males and females, 51+ years, based on Dietary Guidelines 2021-2015.

Dietician Signature:

*Chandra B. Coats, R.D.M., L.D.*



	1/1/2024 Monday	1/2/2023 Tuesday	1/3/2024 Wednesday	1/4/2024 Thursday	1/5/2023 Friday
<b>Healthy Choice / Entrée</b>	Beef Liver & Onions	Grilled Chicken Breast	Baked Fish	Chopped Beef/Onions	Grilled Pork Chop
<b>Entrée</b>	Chicken Tenders	BBQ Wings	Chuck Wagon Stew/Rice	Fried Chicken	Southern Fried Fish
<b>Entrée</b>	Smothered Pork Chops	Meatloaf with Spanish Sauce	Chopped Steaks	Italian Spaghetti Baked	Chicken
<b>Entrée</b>	Red Bean, Rice and Sausage	Chicken Pot Pie	Baked Chicken	Turkey & Dressing	Baked Fish
<b>Side/Vegetable</b>	Mac & Cheese	Mashed Potatoes	Fried Squash	Polynesia Rice	Candied Yams Potato
	Black_Eyed Peas	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
<b>Side/Vegetable</b>	Cabbage	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
<b>Healthy Choice/ Side</b>	Turnip Greens	Broccoli	Corn	Collard Greens	Mixed Vegetables
<b>Healthy Choice/ Side</b>	Corn	Carrots	Beets	Peas & Carrots	Buttered Okra
<b>Healthy Choice/ Fruit/Dessert</b>	Apple	Banana	Orange	Apple	Orange
<b>Side/Salads</b>	Tossed 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 Salad
<b>Side/Salads</b>					
<b>Healthy Choice/ Bread</b>					
<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>Soup</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:

Chandra B. Cook, R.D.M., L.D.

Date: