

August-September MENU

	Monday Wk 1	Tuesday Wk 1	Wednesday Wk 1	Thursday Wk 1	Friday Wk 1
Healthy Choice / Entrée	Grill Tenders	Grilled Chicken Breast	Grilled Pork Loin	Baked Chicken	Spicy Cajun Chicken
Entrée	Chop Beef	Meat Loaf	Fried Chickhen Livers	Baked Spaghetti	Fried Fish
Entrée	Bake Fish	Spicy Cajun Chicken	Turkey & Dressing	Fried Chickhen	BBQ Pulled Pork
Healthy Choice/ Side	Steamed Cabbage	Broccoli	Green Beans	Whole Okra	Rutabagas
Side/Vegetable	Mac & Cheese	Whole Okra	Baby Lima Beans	Corn	White Rice
Side/Vegetable	Fresh Green Beans	Navy Beans	Harvard Beets	Broccoli	Summer Squash
Side/Starch	Broccoli & Rice	Mashed Potato	Buttered Corn	New Potatoes	Macaroni and Cheese
Healthy Choice/ Fruit	Apple (Medium)	Fresh Strawberries	Cantalope	Banana	Fresh Peaches
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Ceasar Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Spiced Beets	Tomato Cucumber Salad
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Bread Pudding	Cobbler	Cobbler	Lemon Icebox
Dessert	Sweet Potato Pie	Sugar Free Apple Pie	Buttermilk Cheese	Apple Pie	Pecan Pie

Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Summer MENU					
	Monday Wk 2	Tuesday Wk 2	Wednesday Wk 2	Thursday Wk 2	Friday Wk 2
Healthy Choice / Entrée	Baked Chicken	Grilled or Baked Fish	Beef Liver	Fried Chicken	Grilled Pork Loin
Entrée	Turkey Subs	Smothered Pork Chop	Chicken Pot Pie	Grill Chicken Sandwich	Turkey and Dressing
Entrée	Lasagna	Chicken Tetraziini	Chopped Beef/Onions	Meat Loaf w Spanish Sauce	Fried Fish
Healthy Choice/ Side	Whole Okra	Corn and Carrots	Broccoli	Cabbage	Mixed Squash
Side/Vegetable	Cabbage	Mashed Potatoes	Cornbread Dressing	Field Peas	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	Buttered Carrots	Green Beans	Steamed Broccoli	Brussell Sprouts
Side/Starch	Mac & Cheese	Yellow Rice	Yams	Mash Potatoes	Broccoli & Rice
Healthy Choice/ Fruit	Apple (Medium	Cantalope	Banana	Fresh Peaches	Orange
Side/Salads	Broccoli Madeline	Tossed Spring Salad	Cucumber Salad	Tossed Spring Salad	Cesar Salad
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Broccoli Madeline	Tomato Cucumber Salad
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Dessert	Cobbler	Bread Pudding	Cobbler	Cobbler	Icebox Pie

	Red Velvet Cake/Sweet Potato Pie	Italian Cream Cake /Sugar Free Apple Pie	Red Velvet Cake/ Buttermilk Chess	Italian Cream Cake/Apple Pie	Red Velvet Cake/Pecan Pie
Dessert					

Summer MENU

	Monday Wk 3	Tuesday Wk 3	Wednesday Wk 3	Thursday Wk 3	Friday Wk 3
Healthy Choice / Entrée	Beef Liver/Onions	Angus Chopped Beef/Onions	Chicken Etouffee/Rice	Baked Spaghetti	Fried Fish
Entrée	Chicken & Dumpling	Turkey and Dressing	Chicken Livers	Fried Chicken	Roast Beef
Entrée	Smothered Pork Chop	BBQ Pork	Baked Chicken	Spicy Cajun Shrimp Over Rice	Baked Fish
Healthy Choice/ Side	Turnip Greens	Broccoli	Peas and Carrots	Cabbage	Mixed Vegetables
Side/Vegetable	Dry Lima Beans	Yellow Rice	Green Beans	Corn	Blackeyed Peas
Side/Vegetable	Cabbage	Turnips	Limas	Pinto Beans	Green Beans
Side/Starch	Buttered Corn	Mashed Potatoes	New Potatoes	Broccoli & Rice	Carrot Souffle
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Cesar Salad	Tossed Spring Salad	Tossed Spring Salad
Healthy Choice/ Fruit	Apple (Medium)	Fresh Peaches	Fresh Strawberries	Cantalope	Banana
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Spiced Beets	Broccoli Madeline
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Dessert	Cobbler	Bread Pudding	Cobbler	Cobbler	Cobbler
Dessert	Sweet Potato Pie	Sugar Free Apple Pie	Buttermilk Cheese	Apple Pie	Lemon Icebox

Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Cheesecake	Red Velvet Cake
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Summer

MENU

Monday Wk 4

Tuesday Wk 4

Wednesday Wk 4

Thursday Wk 4

Friday Wk 4

Healthy Choice / Entrée	Baked Chicken	Baked Fish	Chinese Pepper Steak	Spaghetti Baked Italian	Fried Fish
Entrée	Lasagne	Turkey and Dressing	Chicken Livers/Onions	Fried Chicken	Chicken Tetrzzini
Entrée	Baked Swiss Steak	Meat Loaf w Brown Gravy	Chicken Stewed and Dumplings	Turkey Subs	Chopped Steaks with Gravy & Onions
Healthy Choice/ Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Green Beans
Side/Vegetable	Peas	Fried Okra	Green Beans	Harvard Beets	Black eyes
Side/Vegetable	Cabbage	Grill Veggies	Carrot Souffle	Pinto Beans	Whole Okra
Side/Starch	Mac & Cheese	Corn	Navy Beans	Mash Potatoes	Broccoli & Rice
Side/Salads	Tossed Spring Salad	Fresh Cucumbers	Ceasar Salad	Tossed Spring Salad	Tossed Spring Salad
Healthy Choice/ Fruit	Apple (Medium)	Cantalope	Banana	Fresh Peaches	Banana
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Spiced Beets	Broccoli Madeline
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick
Hot Dessert	Cobbler	Cobbler	Bread Pudding	Cobbler	Cobbler
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet	Chocolate Cake	Yellow Cake

Dessert	Sweet Potato Pie	Sugar Free Apple Pie	Buttermilk Cheese	Apple Pie	Lemon Icebox
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