

Fall MENU

	Monday Wk 1	Tuesday Wk 1	Wednesday Wk 1	Thursday Wk 1	Friday Wk 1
Healthy Choice / Entrée	Saugage Red Beans and Rice	Grilled Chicken Breast	Grilled Pork Loin	Baked Chicken	Baked Fish
Entrée	Smothered Pork chop	Meat Loaf	Baked Swiss Steak	Baked Chicken	Fried Fish
Entrée	Angus Chopped Beef	Spicy Cajun Chicken	Turkey & Dressing	Stuffed Bell Pepper	Chuckwagon Stew
Healthy Choice / Side	Steamed Cabbage	Broccoli	Green Beans	Whole Okra	Buttered Carrots
Side/Vegetable	Rutabagas	Whole Okra	Baby Lima Beans	Buttered Beets	Buttered Corn
Side/Vegetable	Fresh Green Beans	Navy Beans	Harvard Beets	Field Peas	Summer Squash
Side/Starch	Broccoli & Rice Casserole	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

I Certify That The Above Menu Meets 20% + or - the Nutrient Targets Based on The 2025-2030 Dietary Guidelines for Females and Males 51+

Chandra Cortez, FAIHM, MMSc, RDN

September 5, 2025

Signature:

Date:

Fall 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	Meatloaf with Spanish Sauce	Chopped Beef/Onions	Grilled Pork Loin
Entrée		Smothered Pork Chop	Chicken Pot Pie	Stuffed Bell Peppers	Turkey and Dressing
Entrée	Baked Swiss Steak	Chicken Tetraziini	Chopped Beef/Onions	Meat Loaf w Spanish Sauce	gravy & Onion Sauce
Healthy Choice/ Side	Whole Okra	Corn and Carrots	Broccoli	Aparagus	Mixed Squash
Side/Vegetable	Cabbage	Mashed Potatoes	Cornbread Dressing	Field Peas	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	Buttered Carrots	Green Beans	Steamed Broccoli	Steamed Cauliflower
Side/Starch	Mac & Cheese	Yellow Rice	Baked Sweet Potatoes and Apples	Oven Baked Potato Wedges	Broccoli & Rice
Healthy Choice/ Fruit	Apple (Medium)	Cantalope	Banana	Fresh Peaches	Orange
Side/Salads	Broccoli Madeline	Tossed Spring Salad	Cucumber Salad	Tossed Spring Salad	Ceasar 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
Dessert	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

I Certify That The Above Menu Meets 20% + or - the Nutrient Targets based on the 2025-2030 Dietary Guidelines for Males and Females 50+

Signature:

Date:

Chandra B. Coz, FAIHM, MMSc, RDN

September 15, 2025

Signature: *Chandra Coby FAITHM, MMS, RDN*

Date: *September 15, 2025*

Fall 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	Milano Chicken	Chicken Cacciatore	Herb Crumb Baked Fish
Entrée	Chicken & Dumpling	Turkey and Dressing	Beef Stew / Rice	Baked Chicken	Bell Peppers
Entrée	Smothered Pork Chop	Beef Liver and Onions	Baked Chicken	Spicy Cajun Shrimp Over Rice	Baked Fish
Healthy Choice / Side	Turnip Greens	Broccoli	Peas and Carrots	Collard Greens	Mixed Vegetables
Side/Vegetable	Dry Lima Beans	Eggplant	Green Beans	Cabbage	Blackeyed Peas
Side/Vegetable	Cabbage	Fried Squash	Broccoli	Grilled sweet peppers	Field Peas
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

Fall 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	Grilled Chicken Breast
Entrée	Chuck Wagon Stew	Turkey and Dressing	Meatloaf with Spanish Sauce	Beef Liver/Onions	Chicken Tetrizzini
Entrée	Baked Swiss Steak	Meat Loaf w Brown Gravy	Chicken Stewed and Dumplings	Italian Spaghetti Baked	Chopped Steaks with Gravy & Onions
Healthy Choice / Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Green Beans
Side/Vegetable	Black-Eyed Peas	Fried Okra	Green Beans	Harvard Beets	Field Peas
Side/Vegetable	Cabbage	Grilled sweet peppers	Steamed Cauliflower	Pinto Beans	Eggplant
Side/Starch	Whole Baby Carrots	Corn Confetti	Navy Beans	Escalloped Potatoes	Broccoli & Rice
Side/Salads	Tossed Spring Salad	Fresh Cucumbers	Cesar 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

Chandra Cortez, FAITHM, MMSc., RDY

September 15, 2025