

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Creole Pork Chop 6oz Rice 1/2c Veg Blend 1/2c Pineapples 1/2c Graham Crackers 2sq Corn Bread 1 sq	2 Salisbury Steak 3oz Mashed Potatoes 1/2c w/ Gravy ½ c Broccoli 1/2c Peaches 1/2c Wheat Bread 1 w/ butter 1	3 Chef Salad w/Turkey 2oz Lettuce 2c, Tom wedge 2, Cucumber 1/2c Boiled Egg 1/Cheese 2oz Pears 1/2c Brownie 1sq Crackers 4pkt/Dressing	4 Smothered Cabbage 6oz w/ Smoke Sausage 3oz Rice 1/2c Beet & Onion Salad 1/2c Fruit Cocktail 1/2c Wheat Bread 1 w/ butter 1	5 Crab Patty 3oz on Bun 1 Cheese 1 sl Lettuce ½ c & Tom 2sl Coleslaw 1/2c Potato Chip 1 bag Mandarin Oranges 1/2c
8 Lima Beans 6oz Rice 1/2c Smoke Sausage 3oz Veg Blend 1/2c Mandarin Oranges 1/2c Yogurt 1 Wheat Bread 1 w/ butter 1	9 Pork Roast 3oz w/ Gravy 4oz Rice 1/2c Peas & Carrots 1/2c Pineapples 1/2c Oatmeal Raisin Cookie 1 Wheat Bread 1 w/ butter	10 Chicken Stew 8oz w/ potatoes & carrots Rice 1/2c Lettuce & Tomatoes 1/2c Sweet Peas 1/2c Peaches 1/2c Wheat Bread 1 w/ butter 1	11 Spaghetti Meat Sauce 6oz Pasta 1/2c Green Beans 1/2c Tossed Salad 1/2c w/ Dressing 1pkt Pears 1/2c Garlic Bread 1 roll	12 Tuna Salad 3oz w/ Bun 1 Lettuce & Tomato slice Potato Chip 4oz Coleslaw 1/2c Fruit Cocktail 1/2c
15 Red Beans 6oz Rice 1/2c Smoke Sausage 3oz Mustard Greens 1/2c Peaches 1/2c Corn Bread 1 sq	16 Roast Turkey w/ Gravy 3oz Scalloped Potatoes 1/2c Broccoli 1/2c Pears 1/2c Wheat Bread 1 roll	17 Beef Hot Dog 1 w/ Bun Chili 1/2c Baked Beans 1/2c Coleslaw 1/2c Lemon Cake 1/2c Mustard 1 pkt	18 Chicken Creole 6oz Rice 1/2c Green Beans 1/2c Cucumber & Tomatoe 1/2c Mandarin Oranges 1/2c Wheat Bread 1 w/ butter 1	19 Shrimp Jambalaya 6oz White Beans 1/2c Beet Salad 1/2c Pineapples 1/2c Wheat Bread 1 w/ butter 1
22 Beef Vegetable Stew 6oz (Carrots & Potatoes) Brown Rice 1/2c Sweet Peas 1/2c Ambrosia Salad 1/2c Wheat Bread 1 w/ butter 1	23 Baked Ham 3oz Yam Patties 1/2c Smothered Greens 1/2c Fruit Cocktail 1/2c Wheat Bread 1 w/ butter 1	24 Hamburger Steak 3oz w/ Onion gravy 1/2c Mashed Potatoes 1/2c Peas 1/2c Pears 1/2c Garlic Bread 1 roll	25 Smothered Chicken 3oz Mac & Cheese 1/2c Carrots 1/2c Cucumber & Tomato 1/2c Fruit Juice 4oz Wheat Bread 1 w/ butter 1	26 Shrimp & Corn Soup 6oz Baked Potato 1sm or ½ of a large Cheese 1oz & Butter 1 Peaches 1/2c Strawberry Cake 1sq Crackers 2pkt
29 Chef Salad w/Turkey 2oz Lettuce 2c, Tom wedge 2, Cucumber 1/2c Boiled Egg 1/Cheese 2oz Pears 1/2c Brownie 1sq Crackers 4pkt/Dressing	30 Creole Pork Chop 6oz Rice 1/2c Veg Blend 1/2c Pineapples 1/2c Graham Crackers 2sq Corn Bread 1 sq		ALL MEALS SERVED WITH 8oz of 2% MILK	YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED.

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL MEALS SERVED WITH 8oz of 2% MILK</p>	<p>YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED.</p>	<p>1 Salisbury Steak 3oz Mashed Potatoes 1/2c w/ Gravy 1/2 c Broccoli 1/2c Peaches 1/2c Wheat Bread 1 w/ butter 1</p>	<p>2 Smothered Cabbage 6oz w/ Smoke Sausage 3oz Rice 1/2c Beet & Onion Salad 1/2c Fruit Cocktail 1/2c Wheat Bread 1 w/ butter 1</p>	<p>3 Shrimp Spaghetti 6oz Pasta 1/2c Corn 1/2c Tossed Salad 1/2c w/Dressing 1pkt Strawberry Cake 1sq Wheat Bread 1 w/ butter 1</p>
<p>6 Beef Vegetable Stew 6oz (Carrots & Potatoes) Brown Rice 1/2c Sweet Peas 1/2c Ambrosia Salad 1/2c Wheat Bread 1 w/ butter 1</p>	<p>7 Beef Hot Dog 1 w/ Bun Chili 1/2c Baked Beans 1/2c Coleslaw 1/2c Lemon Cake 1 sl Mustard 1 pkt</p>	<p>8 Roast Turkey 3oz Scalloped Potatoes 1/2c Broccoli 1/2c Pears 1/2c Wheat Bread 1 roll</p>	<p>9 Chicken Creole 6oz Rice 1/2c Green Beans 1/2c Cucumber & Tomatoe 1/2c Mandarin Oranges 1/2c Wheat Bread 1 w/ butter 1</p>	<p>10 Shrimp Jambalaya 6oz White Beans 1/2c Beet Salad 1/2c Pineapples 1/2c Wheat Bread 1 w/ butter 1</p>
<p>13 Red Beans 6oz Rice 1/2c Smoke Sausage 3oz Mustard Greens 1/2c Peaches 1/2c Corn Bread 1 sq</p>	<p>14 Spaghetti Meat Sauce 6oz Pasta 1/2c Green Beans 1/2c Tossed Salad 1/2c w/ Dressing 1pkt Pears 1/2c Garlic Bread 1 roll</p>	<p>15 Pork Roast 3oz w/ Gravy 4oz Rice 1/2c Peas & Carrots 1/2c Fruit Cocktail 1/2c Oatmeal Raisin Cookie 1 Wheat Bread 1 w/ butter 1</p>	<p>16 Lima Beans 6oz Rice 1/2c Smoke Sausage 3oz Veg Blend 1/2c Mondrian Oranges 1/2c Yogurt 1 Wheat Bread 1 w/ butter 1</p>	<p>17 Crab Patty 3oz Broccoli & Cheese Casserole 1/2c Salad w/Tom wedge 1/2c w/Dressing 1pkt Chocolate Chip Cookie 1 Wheat Bread 1 w/ butter 1</p>
<p>20 Lasagna 6oz Corn 1/2c Salad w/ Tomato 1/2c w/Dressing 1pkt Pineapples 1/2c Garlic Bread 1 roll</p>	<p>21 Baked Ham 3oz Yams Patties 1/2c Smothered Greens 1/2c Fruit Cocktail 1/2c Wheat Bread 1 w/ butter 1</p>	<p>22 Hamburger Steak 3oz w/ Onion gravy 1/2c Mashed Potato 1/2c Peas 1/2c Pears 1/2c Garlic Bread 1 roll</p>	<p>23 Smothered Chicken 3oz Mac & Cheese 1/2c Carrots 1/2c Cucumber & Tomato 1/2c Peaches 1/2c Wheat Bread 1 w/ butter 1</p>	<p>24 Shrimp & Corn Soup 6oz Baked Potato 1sm Cheese 1oz & Butter 1 Mandarin Oranges 1/2c Strawberry Cake 1sq Crackers 2pkt</p>
<p>27 MEMORIAL DAY</p>	<p>28 Creole Pork Chop 6oz Rice 1/2c Veg Blend 1/2c Pineapples 1/2c Graham Crackers 2sq Corn Bread 1 sq</p>	<p>29 Cabbage & Beef Casserole w/ Rice 8oz Tossed Salad 1/2c Mandarin Oranges 1/2c Wheat Bread 1 w/ butter 1</p>	<p>30 Chef Salad w/Turkey 2oz Lettuce 2c, Tom wedge 2, Cucumber 1/2c Boiled Egg 1/Cheese 2oz Pears 1/2c Brownie 1sq Crackers 4pkt/Dressing</p>	<p>31 Shrimp Stew 6oz Rice 1/2c Potato Salad 1/2c Fruit Cocktail 1/2c Sugar Cookie 1 Wheat Bread w/ butter</p>

Deborah MARLOW

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS SERVED WITH 8oz of 2% MILK	YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED.			
3 Lima Beans 6oz Rice 1/2c Smoke Sausage 3oz Veg Blend 1/2c Fruit Cocktail 1/2c Yogurt 1 Wheat Bread 1 w/ butter 1	4 Pork Roast w/Gravy 3oz Rice 1/2c Carrots 1/2c Peaches 1/2c Oatmeal Raisin Cookie 1 Wheat Bread 1 w/ butter 1	5 Crab Patty 3oz Broccoli & Cheese Casserole 1/2c Salad w/Tom wedge 1/2c w/Dressing 1pkt Peaches 4oz Wheat Bread 1 w/ butter 1	6 Beef Vegetable Stew 6oz (Carrots & Potatoes) Brown Rice 1/2c Sweet Peas 1/2c Ambrosia Salad 1/2c Wheat Bread 1 w/ butter 1	7 Shrimp Spaghetti 6oz Pasta 1/2c Corn 1/2c Tossed Salad 1/2c w/Dressing 1pkt Strawberry Cake 1sq Wheat Bread 1 w/ butter 1
10 Beef Hot Dog 1 w/ Bun Chili 1/2c Baked Beans 1/2c Coleslaw 1/2c Lemon Cake 1 sl Mustard pkt	11 Beef Pepper Patty 3oz Mashed Potatoes 1/2c w/ Gravy 1/2 c Broccoli 1/2c Peaches 1/2c Wheat Bread 1 w/ butter 1	12 Shrimp Jambalaya 6oz White Beans 1/2c Beet Salad 1/2c Pineapples 1/2c Wheat Bread 1 w/ butter 1	13 Chicken Creole 6oz Rice 1/2c Green Beans 1/2c Cucumber & Tomatoe 1/2c Pears 1/2c Wheat Bread 1 w/ butter 1	14 Tuna Salad 3oz w/ Bun 1 Lettuce & Tomato sl Potato Chip 4oz Coleslaw 1/2c Mandarin Oranges 1/2c Chocolate Pudding 1/2c
17 Red Beans 6oz Rice 1/2c Smoke Sausage 3oz Mustard Greens 1/2c Peaches 1/2c Corn Bread 1 sq	18 Roast Turkey w/ Gravy 3oz Scalloped Potatoes 1/2c Broccoli 1/2c Pears 1/2c Wheat Bread 1 roll	19 JUNETEENTH DAY	20 Lasagna 6oz Corn 1/2c Salad w/ Tomato 1/2c w/Dressing 1pkt Chocolate Chip Cookie 1 Garlic Bread 1 roll	21 Shrimp Jambalaya 6oz White Beans 1/2c Beet Salad 1/2c Pineapples 1/2c Wheat Bread 1 w/ butter 1
24 Chicken Stew 8oz w/ potatoes & carrots Rice 1/2c Lettuce & Tomatoes 1/2c Sweet Peas 1/2c Peaches 1/2c Wheat Bread 1 w/ butter 1	25 Baked Ham 3oz Yam Patties 1/2c Smothered Greens 1/2c Fruit Cocktail 1/2c Wheat Bread 1 w/ butter 1	26 Chef Salad w/Turkey 2oz Lettuce 2c, Tom wedge 2, Cucumber 1/2c Boiled Egg 1/Cheese 2oz Pears 1/2c Brownie 1sq Crackers 4pkt/Dressing	27 Salisbury Steak 3oz Mashed Potatoes 1/2c w/ Gravy 1/4c Broccoli 1/2c Peaches 1/2c Cookie 1 Wheat Bread 1 w/ butter 1	28 Shrimp Stew 6oz Rice 1/2c Potato Salad 1/2c Fruit Cocktail 1/2c Cookie Wheat Bread w/ butter

Deirdre MARLOW