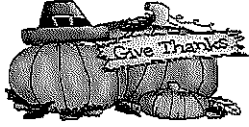



**OCTOBER 2024**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>ALL MEALS SERVED WITH 8oz of 2% MILK</b>	1 Field Peas 8oz w/ Sausage 3oz Rice 1/2c Sautéed Spinach 1/2c Ambrosia 1/2c Corn Bread 1 sq w/ butter	2 Chicken Creole 8oz Brown Rice 1/2c Mixed Veg Blend 1/2c Beet & Onion Salad 1/2c Mandarin Oranges 1/2c Wheat Bread w/ butter 1	3 Pork Pepper Steak 3oz Garlic Mashed Potatoes 1/2c Peaches 1/2c Vanilla Pudding 1/2c Wheat Bread 1 w/ butter 1	4 Tuna Salad 1/2c on Bun Potato Soup 1c Shredded Lettuce ½ c Tomato Slice 2 Mandarin Oranges 1/2c
7 Red Beans 8oz Rice 1/2c Smoke Sausage 3oz Mustard Greens 1/2c Pineapples 1/2c Corn Bread 1 sq w/ butter	8 Hearty Chicken & Veg Soup 8oz Noodles 1/2c Tossed Salad 1/2c w/ Dressing 1 pkt Fruit Cocktail 1/2c Crackers 3pkt	9 BBQ Pork Chop 3oz Corn 1/2c Coleslaw 1/2c Peaches 1/2c Garlic Breadstick 1 <small>Put small amount of low sodium broth in pan to keep meat moist</small>	10 Chicken Stew w/Carrots & Potatoes 8oz Rice 1/2c Peas 1/2c Mandarin Oranges 1/2c Wheat Bread w/ butter 1	11 Shrimp Jambalaya 1c White Beans 1/2c Tossed Salad 1/2c w/ Dressing Pears 1/2c Wheat Bread 1 w/ butter 1
14 Spaghetti w/ Meat Sauce 1c Noodles 1/2c Green Beans 1/2c Cucumber & Tomato 1/2c Pineapples 1/2c Garlic Breadstick 1	15 Salisbury Steak 3oz w/ gravy 2oz Baked Mac & Cheese 1/2c Carrots & Peas 1/2c Peaches 1/2c Chocolate Pudding 1/2c Wheat Bread w/ butter 1	16 Chef Salad w/ Diced turkey 4oz <small>Lettuce 2c/Tomato wedge 2/Cucumber1/2</small> Boiled Egg 1/Cheese 1oz Mandarin oranges 1/2c Crackers 3pkt	17 Chicken & Sausage Gumbo 1c Rice 1/2c Potato Salad 1/2c Smothered Okra 1/2c Banana Pudding 1/2c Wheat Bread w/ butter 1	18 Shrimp Stuffed Bell Pepper Casserole 8oz Lettuces & Tomatoes 1c w/ Dressing Pears 1/2c Oatmeal Raisin Cookie 1 Wheat Bread 1 w/ butter 1
21 Chili w/ Beans 1c Mixed Veg Blend 1/2c Tossed Salad 1/2c w/ 1pkt Dressing Fruit Cocktail 1/2c Crackers 3 pkts	22 Pork Cutlets 3oz Blackeye Peas 1/2c Rice 1/2c Yam Patties 2 Peaches 1/2c Wheat Bread 1 w/ butter 1	23 Chicken Salad 1/2c on Bun Corn & Potato Soup 1c Shredded Lettuce ½ c Tomato Slice 2 Mandarin Oranges 1/2c	24 Beef Pepper Patty 3oz Mashed Potatoes 1/2c w/ Gravy ½ c Broccoli 1/2c Pears 1/2c Wheat Bread 1 w/ butter 1	25 Shrimp Gumbo 1c Rice 1/2c Potato Salad 1/2c Pineapples 1/2c Vanilla Yogurt 1/2c Corn Bread 1 sq
28 Lasagna 1c Corn 1/2c Tomato & Onion Salad 1/2c Pears 1/2c Garlic Breadstick 1	29 Pork Pepper Steak 3oz Garlic Mashed Potatoes 1/2c Peaches 1/2c Yogurt 1/2c Wheat Bread 1 w/ butter	30 Field Peas 8oz w/ Sausage 3oz Rice 1/2c Sautéed Spinach 1/2c Ambrosia 1/2c Corn Bread 1 sq w/ butter	31 Chicken Creole 8oz Brown Rice 1/2c Mixed Veg Blend 1/2c Beet & Onion Salad 1/2c Mandarin Oranges 1/2c Wheat Bread w/ butter 1	<b>YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED.</b>





Signed By: 

**NOVEMBER 2024**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p align="center"><b>ALL MEALS SERVED WITH 8oz of 2% MILK</b></p>	<p align="center"><b>YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED.</b></p>			<p align="center">1 Crab Patty 3oz Au gratin Potatoes 1/2c Tossed salad 1/2c w/ Dressing Pears 1/2c Chocolate Pudding 1/2c Wheat Bread w/ butter 1</p>
<p align="center">4 Hearty Chicken &amp; Veg Soup 8oz Noodles 1/2c Tossed Salad 1/2c w/ Dressing 1 pkt Fruit Cocktail 1/2c Crackers 3pkt</p>	<p align="center">5 Beef Tips 3oz w/ Onion &amp; Pepper &amp; Gravy 2oz Lima Beans 1/2c Rice 1/2c Pineapples 1/2c Blueberry muffin 2oz Wheat Bread w/ butter 1</p>	<p align="center">6 Shrimp Stuffed Bell Pepper Casserole 8oz Lettuces &amp; Tomatoes 1c w/ Dressing Pears 1/2c Oatmeal Raisin Cookie 1 Wheat Bread 1 w/ butter 1</p>	<p align="center">7 BBQ Pork Chop 3oz Corn 1/2c Coleslaw 1/2c Peaches 1/2c Garlic Breadstick 1 Put small amount of low sodium broth in pan to keep meat moist</p>	<p align="center">8 Tuna Salad 1/2c on Bun Potato Soup 1c Shredded Lettuce 1/2 c Tomato Slice 2 Mandarin Oranges 1/2c</p>
<p align="center">11 Chicken &amp; Sausage Gumbo 1c Rice 1/2c Potato Salad 1/2c Smothered Okra 1/2c Banana Pudding 1/2c Wheat Bread w/ butter 1</p>	<p align="center">12 Red Beans 8oz Rice 1/2c Smoke Sausage 3oz Mustard Greens 1/2c Pineapples 1/2c Vanilla Yogurt 1/2c Corn Bread 1 sq w/ butter</p>	<p align="center">13 Salisbury Steak 3oz w/ mushroom onion gravy 2oz Baked Mac &amp; Cheese 1/2c Carrots &amp; Peas 1/2c Fruit Cocktail 1/2c Peaches 1/2c Wheat Bread w/ butter 1</p>	<p align="center">14 Chef Salad w/ Diced turkey 2oz Lettuce 2c/Tomato wedge 2/Cucumber 1/2 Boiled Egg 1/Cheese 1oz Mandarin oranges 1/2c Crackers 3pkt</p>	<p align="center">15 Shrimp Jambalaya 1c White Beans 1/2c Tossed Salad 1/2c w/ Dressing Pears 1/2c Wheat Bread 1 w/ butter 1</p>
<p align="center">18 Spaghetti w/ Meat Sauce 1c Noodles 1/2c Green Beans 1/2c Cucumber &amp; Tomato 1/2c Pineapples 1/2c Garlic Breadstick 1</p>	<p align="center">19 Pork Cutlets 3oz Black-eye Peas 1/2c Rice 1/2c Yam Patties 2 Peaches 1/2c Wheat Bread 1 w/ butter 1</p>	<p align="center">20 Chef Salad w/ Diced turkey 2oz Lettuce 2c/Tomato wedge 2/Cucumber 1/2 Boiled Egg 1/Cheese 1oz Mandarin oranges 1/2c Brownie 2oz Crackers 3pkt</p>	<p align="center">21 Field Peas 8oz w/ Sausage 3oz Rice 1/2c Sautéed Spinach 1/2c Ambrosia 1/2c Corn Bread 1 sq w/ butter</p>	<p align="center">22 Shrimp Gumbo 1c Rice 1/2c Potato Salad 1/2c Pineapples 1/2c Vanilla Yogurt 1/2c Corn Bread 1 sq</p>
<p align="center">25 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</p>	<p align="center">26 Chili w/ Beans 1c Mixed Veg Blend 1/2c Tossed Salad 1/2c w/ 1pkt Dressing Fruit Cocktail 1/2c Crackers 3 pkts</p>	<p align="center">27 Roasted Turkey Cutlet 3oz w/ Brown gravy 2oz Dirty Rice 1/2c Candid Yam 1/2c Green Beans 1/2c Cranberry Sauce 1Tbs Gingerbread Cookie 1 Wheat Bread w/ butter 1</p>	<p align="center">28 <b>THANKSGIVING HOLIDAY</b> </p>	<p align="center">29 <b>THANKSGIVING HOLIDAY</b> </p>

*Diane Mazon*

**DECEMBER 2024**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2 Lasagna 1c Corn 1/2c Tomato & Onion Salad 1/2c Pears 1/2c Garlic Breadstick 1	3 1BBQ Pork Chop 3oz Corn 1/2c Coleslaw 1/2c Peaches 1/2c Garlic Breadstick 1 <small>Put small amount of low sodium broth in pan to keep meat moist</small>	4 Chicken Creole 8oz Brown Rice 1/2c Mixed Veg Blend 1/2c Beet & Onion Salad 1/2c Mandarin Oranges 1/2c Wheat Bread w/ butter 1	5 Pork Pepper Steak 3oz Garlic Mashed Potatoes 1/2c Peaches 1/2c Vanilla Pudding 1/2c Wheat Bread 1 w/ butter 1	6 Tuna Salad 1/2c on Bun Potato Soup 1c Shredded Lettuce ½ c Tomato Slice 2 Mandarin Oranges 1/2c
9 Red Beans 8oz Rice 1/2c Smoke Sausage 3oz Mustard Greens 1/2c Pineapples 1/2c Corn Bread 1 sq w/ butter	10 Hearty Chicken & Veg Soup 8oz Noodles 1/2c Tossed Salad 1/2c w/ Dressing 1 pkt Fruit Cocktail 1/2c Crackers 3pkt	11 Field Peas 8oz w/ Sausage 3oz Rice 1/2c Sautéed Spinach 1/2c Ambrosia 1/2c Corn Bread 1 sq w/ butter	12 Chicken Stew w/Carrots & Potatoes 8oz Rice 1/2c Peas 1/2c Mandarin Oranges 1pkt Wheat Bread w/ butter	13 Shrimp Jambalaya 1c White Beans 1/2c Tossed Salad 1/2c w/ Dressing Pears 1/2c Wheat Bread 1 w/ butter 1
16 Spaghetti w/ Meat Sauce 1c Noodles 1/2c Green Beans 1/2c Cucumber & Tomato 1/2c Pineapples 1/2c Garlic Breadstick 1	17 Salisbury Steak 3oz w/ mushroom onion gravy 2oz Baked Mac & Cheese 1/2c Carrots & Peas 1/2c Peaches 1/2c Chocolate Pudding 1/2c Wheat Bread w/ butter 1	18 Chef Salad w/ Diced turkey 2oz <small>Lettuce 2c/Tomato wedge 2/Cucumber 1/2</small> Boiled Egg 1/Cheese 1oz Mandarin oranges 1/2c Crackers 3pkt	19 Chicken Fettuccine 8oz Fettuccini Noodle 1/2c Steamed Broccoli 1/2c Mandarin Oranges 1/2c Graham Cracker 2 pkts Wheat Bread w/butter	20 Shrimp Stuffed Bell Pepper Casserole 8oz Lettuces & Tomatoes 1c w/ Dressing Pears 1/2c Oatmeal Raisin Cookie 1 Wheat Bread 1 w/ butter 1
23 Chicken Salad 1/2c on Bun Corn & Potato Soup 1c Shredded Lettuce ½ c Tomato Slice 2 Mandarin Oranges 1/2c	24 CHRISTMAS HOLIDAY 	25 CHRISTMAS HOLIDAY 	26 CHRISTMAS HOLIDAY 	27 Shrimp Gumbo 1c Rice 1/2c Potato Salad 1/2c Pineapples 1/2c Vanilla Yogurt 1/2c Corn Bread 1 sq
30 Chili 8oz w/ Ground Beef & Beans Corn 1/2c Peaches 1/2c Vanilla Wafers 6ea Crackers 3 pkts	31 NEW YEAR HOLIDAY 		<b>ALL MEALS SERVED WITH 8oz of 2% MILK</b>	<b>YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED.</b>

*Daniel Morrison*