OCTOBER 2024 LUNCH MENU

Tarriph Greens Stewed Potatoes Ham Buttered Carrots Pear Crisp Pear Crisp Pear Crisp Patry W/Onions Stewed Potatoes Marina Ed Patry W/Onions Stewed Potatoes Mixed Patry W/Onions Stewed Potatoes Mixed Pear Stewed Potatoes Creen Beans Stewed Potatoes Stewed Potatoes Pear Crisp Stewed Potatoes Stewed	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Patty Steamed Broccoli W/ Cheese Sauce Pinto Beans Fresh Apple Z Reduced Sodium Ham Sweet Potatoes June Peas Oatmeal Cookies Peach Salloped Potatoes & Ham Buttered Carrots Pear Crisp Pear Seleved Apples Patties Rice Peach Cobbler Pear Crisp		<u>1</u>	<u>2</u>	<u>3</u>	4
Steamed Broccoli W/ Cheese Sauce Pinto Beans Fresh Apple Peach Cobbler Peach Cobbler Patties Stewed Apples		Breaded Chicken	Beef Stew W/	Stewed Turkey	BBQ Chicken Leg
W / Cheese Sauce Pinto Beans Fresh Apple Peach Cobbler Salisbury Steak In Brown Gravy Mashed Potatoes Collard Greens Pears Glazed Carrots Tropical Fruit Peach Cobbler Pear Crisp Pear		Patty	Vegetables	Thighs	and Thigh
Pinto Beans Fresh Apple Peach Cobbler Peach Cobbl		Steamed Broccoli		_	_
Pinto Beans Fresh Apple Peach Cobbler Peach Cobbl		W/ Cheese Sauce	Cabbage	Patties	Green Beans
Fresh Apple Peach Cobbler Banana		I -	•	Turnip Greens	Stewed Apples
Reduced Sodium Spaghetti in Meat Sauce Marinated Slaw Chicken Leg and In Brown Gravy Mashed Potatoes June Peas Oatmeal Cookies Three Bean Salad Warm Peaches Pears Glazed Carrots Tropical Fruit		Fresh Apple	Peach Cobbler	_	11
Reduced Sodium Ham Sauce Cauliflower W/ Cheese Sauce Oatmeal Cookies Three Bean Salad Warm Peaches Potatoes & Ham Buttered Carrots Pear Crisp P	7			10	11
Ham Sauce Cauliflower W/ Cheese Sauce Oatmeal Cookies In Beans Oatmeal Cookies In Bean Salad Warm Peaches Oatmeal Cookies In Bean Salad Warm Spiced Pears In Bean Salad Pears In Bean Salad Warm Spiced Bean Salad Pears In Bean Salad Warm Spiced Bean Salad Warm Spiced Potatoes & Ham Buttered Carrots Pear Crisp Pear Crisp Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers In Brown Gravy Mashed Potatoes Sauce Patty W/ Onions Stewed Potatoes Green Limas Stewed Potatoes Green Limas Stewed Potatoes Green Limas Stewed Potatoes Green Limas Mashed Potatoes Green Limas Stewed Potatoes Thigh Black-eyed Peas Stewed Potatoes Thigh Black-eyed Peas Stewed Potatoes Thigh Black-eyed Peas Stewed Potatoes Patty W/ Onions Stewed Potatoes Green Limas Mashed Potatoes Thigh Black-eyed Peas Patty W Ponions Stewed Potatoes Green Limas Mashed Potatoes Thigh Black-eyed Peas Patty W Ponions Stewed Potatoes Green Limas Mashed Potatoes Thigh Black-eyed Peas Patty W Ponions Stewed Potatoes Green Limas Mashed Potatoes Thigh Potatoes Patty W Ponions Stewed Potatoes Green Limas Mashed Potatoes Thigh Black-eyed Peas Patty W Ponions Stewed Potatoes Patty W Ponions Patty W Pon	Reduced Sodium	Spaghetti in Meat		<u></u>	Salisbury Steak
Sweet Potatoes June Peas Oatmeal CookiesCauliflower W/ Cheese Sauce Three Bean Salad Warm PeachesMixed Baked Beans Warm Spiced PearsThigh White Lima Beans Glazed Carrots Tropical FruitMashed Potatoes Beans Glazed Carrots Tropical Fruit14 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp15 Steak W/ Gravy Mashed Potatoes Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers16 Chicken Bog Marinated Vegetables Cornbread Peach Cobbler17 Sloppy Joes Coleslaw Green Limas Stewed ApplesHerbed Baked Chicken Leg and Okra, Corn, & Tomatoes Banana21 Char-grilled Beef Patty W/ Onions Stewed Potatoes23 Meatloaf W/ Red Sauce Green LimasLemon Pepper Chicken Leg and Sauce ThighSpanish Rice W/ Black-eyed Peas			<u> </u>		_
June Peas Oatmeal CookiesCheese Sauce Three Bean Salad Warm PeachesBeans Warm Spiced PearsWhite Lima Glazed Carrots Tropical FruitCollard Greens Banana14 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp15 Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers16 Chicken Bog Marinated Vegetables Mixed Greens Cornbread Peach Cobbler17 Sloppy Joes Green Limas Stewed Apples18 Herbed Baked Chicken Leg and Okra, Corn, & Tomatoes Banana21 Char-grilled Beef Patty W/ Onions Stewed Potatoes23 Meatloaf W/ Red Sauce24 Chicken Leg and Chicken Leg and Mashed PotatoesSpanish Rice W/ Chicken Leg and Black-eyed Peas	Sweet Potatoes	Cauliflower W/	Mixed Baked	_	
Oatmeal CookiesThree Bean Salad Warm PeachesWarm Spiced PearsBeans Glazed Carrots Tropical FruitBanana14 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp15 Country Style Steak W/ Gravy Mashed Potatoes Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers16 Chicken Bog Marinated Vegetables Corphread Peach Cobbler17 Sloppy Joes Green Limas Stewed ApplesHerbed Baked Chicken Leg and Okra, Corn, & Tomatoes Banana21 Char-grilled Beef Patty W/ Onions Stewed Potatoes22 Macaroni & Green LimasMeatloaf W/ Red SauceLemon Pepper Chicken Leg and ThighSpanish Rice W/ Black-eyed Peas		·			
Warm Peaches Pears Glazed Carrots Tropical Fruit 14 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp Pear Crisp Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers Peach Cobbler Peach			Warm Spiced	Beans	
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14 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp15 Steamed Broccoli Banana Flavored Vanilla Wafers16 Chicken Bog Marinated Vegetables Conbread Peach Cobbler Vanilla Wafers17 Chicken Bog Marinated Vegetables Corleslaw Coleslaw Green Limas Stewed ApplesHerbed Baked Chicken Leg and Okra, Corn, & Tomatoes Banana21 Char-grilled Beef Patty W/ Onions Stewed Potatoes22 Meatloaf W/ Red Sauce24 Chicken Leg and Chicken Leg and Sauce25 Chicken Leg and Chicken Leg and Black-eyed Peas					
Scalloped Potatoes & Ham Buttered Carrots Pear Crisp Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers 21 Char-grilled Beef Patty W/ Onions Stewed Potatoes Stewed Potatoes Green Limas Stewed Potatoes Green Limas Stewed Potatoes Banana Flavored Patty W/ Onions Stewed Potatoes Green Limas Stewed Potatoes Green Limas Stewed Potatoes Green Limas Mashed Potatoes Stewed Potatoes Green Limas Sloppy Joes Chicken Leg and Chicken Leg and Sloppy Joes Chicken Leg and Thigh Stewed Baked Chicken Leg and Stewed Apples Okra, Corn, & Tomatoes Banana Stewed Potatoes Sauce Chicken Leg and Stewed Potatoes Green Limas Mashed Potatoes Thigh Black-eyed Peas	14	15	16	_	18
Potatoes & Ham Buttered Carrots Pear Crisp Pear Crisp Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers Pear Crisp Cornbread Peach Cobbler Vanilla Wafers Peach Cobbler Peach Cobbler Vanilla Wafers Peach			·	Sloppy Joes	
Buttered Carrots Pear Crisp Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers Char-grilled Beef Patty W/ Onions Stewed Potatoes Mashed Potatoes Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers Stewed Apples Cornbread Peach Cobbler Peach Cobbler Stewed Apples Stewed Apples Cornbread Peach Cobbler Tomatoes Banana 21 Char-grilled Beef Patty W/ Onions Stewed Potatoes Cornbread Peach Cobbler Feach Cobbler Cornbread Peach Cobbler Stewed Apples Tomatoes Banana Chicken Leg and Beef Black-eyed Peas	•				
Pear Crisp Steamed Broccoli Banana Flavored Pudding with Vanilla Wafers Peach Cobbler Vanilla Wafers Stewed Apples Okra, Corn, & Tomatoes Banana 21 Char-grilled Beef Patty W/ Onions Stewed Potatoes Stewed Apples Okra, Corn, & Tomatoes Banana 22 Meatloaf W/ Red Sauce Chicken Leg and Stewed Apples Okra, Corn, & Tomatoes Banana Tomatoes Banana Tomatoes Banana Thigh Spanish Rice W/ Chicken Leg and Beef Black-eyed Peas					
Banana Flavored Pudding with Vanilla Wafers 21 Char-grilled Beef Patty W/ Onions Stewed Potatoes Banana Flavored Peach Cobbler Shanana Char-grilled Beef Patty W/ Onions Cheese Sauce Sauce Chicken Leg and Beef Black-eyed Peas			•		
Pudding with Vanilla WafersPeach CobblerTomatoes Banana2122232425Char-grilled Beef Patty W/ Onions Stewed PotatoesMeatloaf W/ Red SauceLemon Pepper Chicken Leg and ThighSpanish Rice W/ Beef Black-eyed Peas	•		Cornbread	11	Okra, Corn, &
Vanilla WafersBanana2122232425Char-grilled BeefMacaroni & Meatloaf W/ Red Patty W/ OnionsMeatloaf W/ Red Chicken Leg and Stewed PotatoesLemon Pepper Spanish Rice W/ Chicken Leg and Beef Mashed PotatoesBeef Black-eyed Peas					
Char-grilled Beef Patty W/ Onions Stewed PotatoesMacaroni & Cheese Green LimasMeatloaf W/ Red Sauce Mashed PotatoesLemon Pepper Chicken Leg and ThighSpanish Rice W/ Beef Black-eyed Peas		_			
Char-grilled Beef Patty W/ Onions Stewed PotatoesMacaroni & Cheese Green LimasMeatloaf W/ Red Sauce Mashed PotatoesLemon Pepper Chicken Leg and ThighSpanish Rice W/ Beef Black-eyed Peas	21	22	<u>23</u>	24	<u>25</u>
Patty W/ OnionsCheeseSauceChicken Leg andBeefStewed PotatoesGreen LimasMashed PotatoesThighBlack-eyed Peas					
Stewed Potatoes Green Limas Mashed Potatoes Thigh Black-eyed Peas		Cheese	•		, ,
	,	Green Limas	Mashed Potatoes		Black-eyed Peas
	Mixed	Sliced Carrots	June Peas	_	_
Vegetables Tropical Fruit Banana Sweet Potatoes Cabbage	Vegetables	Tropical Fruit			Cabbage
Peaches in Juice Mix Butterscotch Lemon Fruit		-		Butterscotch	
Pudding Dessert				Pudding	Dessert
<u>28</u> <u>29</u> <u>30</u> <u>31</u>	<u>28</u>	<u>29</u>	<u>30</u>		
Meatballs In Breaded Chicken Beef Stew W/ Stewed Turkey Milk served				Stewed Turkey	Milk served
Brown Gravy Patty Vegetables Thighs daily; bread or	Brown Gravy		•		daily; bread or
	_	J	_	•	roll on most days
Okra & Tomatoes W/ Cheese Sauce Cabbage Patties				Patties	
Tropical Fruit Pinto Beans Rice Turnip Greens		-	•	Turnip Greens	
Mix Fresh Apple Peach Cobbler Banana	_	Fresh Apple	Peach Cobbler	=	

NOVEMBER 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk served daily; bread or roll on most days				1 BBQ Chicken Leg and Thigh Potato Salad Green Beans Stewed Apples
4 Reduced Sodium Ham Sweet Potatoes June Peas Oatmeal Cookies	5 Spaghetti in Meat Sauce Cauliflower W/ Cheese Sauce Three Bean Salad Warm Peaches	<u>6</u> BBQ Pulled Pork Marinated Slaw Mixed Baked Beans Warm Spiced Pears	Z Smothered Chicken Leg and Thigh White Lima Beans Glazed Carrots Tropical Fruit	8 Salisbury Steak In Brown Gravy Mashed Potatoes Collard Greens Banana
11 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp	12 Country Style Steak W/ Gravy Mashed Potatoes Steamed Broccoli Banana Pudding W/ Wafers	13 Chicken Bog Mixed Greens Marinated Vegetables Cornbread Peach Cobbler	14 Sloppy Joes Coleslaw Green Limas Stewed Apples	15 Herbed Baked Chicken Northern Beans Okra, Corn, & Tomatoes Banana
18 Char-grilled Beef Patty W/ Onions Stewed Potatoes Mixed Vegetables Peaches in Juice	19 Macaroni & Cheese Green Limas Sliced Carrots Tropical Fruit Mix	20 Meatloaf W/ Red Sauce Mashed Potatoes June Peas Banana	21 Lemon Pepper Chicken Leg and Thigh Turnip Greens Sweet Potatoes Butterscotch Pudding	22 Spanish Rice W/ Beef Black-eyed Peas Steamed Cabbage Lemon Fruit Dessert
25 Meatballs In Brown Gravy Mashed Potatoes Okra & Tomatoes Tropical Fruit Mix	26 Breaded Chicken Patty Steamed Broccoli W/ Cheese Sauce Pinto Beans Fresh Apple	27 Sliced Turkey Breast W/ Gravy Sweet Potatoes & Apples Orange Juice Crnbread Drsing Cranberry Gelatin	<u>28</u> HOLIDAY	29 HOLIDAY

DECEMBER 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Reduced Sodium Ham Sweet Potatoes June Peas Oatmeal Cookies	3 Spaghetti in Meat Sauce Cauliflower W/ Cheese Sauce Three Bean Salad Warm Peaches	4 BBQ Pulled Pork Marinated Slaw Mixed Baked Beans Warm Spiced Pears	<u>5</u> Smothered Chicken Leg and Thigh Lima Beans Glazed Carrots Tropical Fruit	6 Salisbury Steak In Brown Gravy Mashed Potatoes Collard Greens Banana
9 Scalloped Potatoes & Ham Buttered Carrots Pear Crisp	10 Country Style Steak W/ Gravy Mashed Potatoes Steamed Broccoli Banana Flavored Pudding With Vanilla Wafers	11 Chicken Bog Marinated Vegetables Mixed Greens Cornbread Peach Cobbler	<u>12</u> Sloppy Joes Coleslaw Green Limas Stewed Apples	13 Herbed Baked Chicken Leg and Thigh Northern Beans Okra, Corn, & Tomatoes Banana
16 Char-grilled Beef Patty W/ Onions Stewed Potatoes Mixed Vegetables Peaches in Juice	17 Macaroni & Cheese Green Limas Sliced Carrots Tropical Fruit Mix	18 Meatloaf W/ Red Sauce Mashed Potatoes June Peas Banana	19 Lemon Pepper Chicken Leg and Thigh Turnip Greens Sweet Potatoes Butterscotch Pudding	20 Sliced Ham W/ Pineapple Sauce June Peas Mixed Fruit Juice Crnbread Drsing Holiday Fruit Cup
23 Meatballs In Brown Gravy Mashed Potatoes Okra & Tomatoes Tropical Fruit Mix	<u>24</u> Holiday	<u>25</u> Holiday	26 Stewed Turkey Thighs Sweet Potato Patties Turnip Greens Banana	27 BBQ Chicken Leg and Thigh Potato Salad Green Beans Stewed Apples
30 Reduced Sodium Ham Sweet Potatoes June Peas Oatmeal Cookies	31 Roast Pork W/ Gravy Collard Greens Blacked Eyed Peas Cherry Pineapple Dessert			Milk served daily; bread or roll on most days