

6/3/2024

6/4/2024

6/5/2024

6/6/2024

6/7/2024

FOOD SERVICE	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice /					
Entrée	Baked Chicken	Baked Fish	Grilled Pork Loin	Baked Fish	Grilled Chicken Breast
Entrée	Smothered Pork chop	Meat Loaf	Baked Swiss Steak	Fried Chicken	Fried Fish
Entrée	Chicken Tenders	Spicy Cajun Chicken	Hot Dogs/Chili	Spaghetti Baked Italian	Hamburgers
Entrée	Beef Liver	Turkey & Dressing	Baked Chicken	Chicken Tenders	Baked Chicken
Side/Vegetable	Rutabagas	Mashed Potatoes	Polynesia Rice	Baked Sweet Potato	Steam Corn
Side/Vegetable	Broccoli & Rice Casserole	Whole Okra	Green Beans	Cabbage	Seasoning Spinach
Side/Vegetable	Grilled Squash/Zucchini	Navy Beans	Candied Yams	Blackeye Peas	Macaroni & Cheese
Healthy Choice/					
Side Healthy Choice/	Steamed Cabbage	Broccoli	Spinach	Collard Greens	Vegetable & Medley
Side	Broccoli	Carrots	Beets	Seasoning Carrots	Pinto Beans
Healthy Choice/	Broccon	Carrots	Decis	Scasoning carrots	Time Bearis
Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Cucumber Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Carrot Raisin Salad	Neptune Salad	Cobb Salad	Carrot Raisin Salad	Chicken Salad
Bread	Sof Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie	Buttermilk Cheese	Sweet Potato Pie	Apple	Lemon Meringue
Soup					

Dietician Chandra B. Carty, R.D.N. L.D.



6/10/2024

6/11/2024

6/12/2024

6/13/2024

6/14/2024

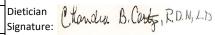
FOOD SERVICE	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice /	·	Baked Fish	_	Lemon Pepper Baked	
Entrée	Beef Liver/Onions		Grilled Chicken Breast	Fish	Grilled Pork Loin
Entrée	Chicken Tenders	Teriyaki Chicken Wings	Chicken Pot Pie	Fried Chicken	Fried Fish
					Meatballs & Brown
Entrée	Baked Swiss Steak	Roast Beef	Chopped Beef/Onions	Chicken Wings	gravy & Onion Sauce
				Meat Loaf w Spanish	
Entrée	Chuckwagon Stew	Smothered Pork Chop	Baked Chicken	Sauce	Fried Fish
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	Whole Okra	Green Beans	Steamed Broccoli	Breaded Okra
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Healthy Choice/	Calland Coassa	D!!	Continue alla	Townsia Consum	NAS
Side Healthy Choice/	Collard Greens	Broccoli	Spinach	Turnip Greens	Mixed Vegetables
Side	Corn	Carrots	Beets	Peas & Carrots	Corn
Healthy Choice/	COITI	Carrots	Deets	reas & Carrots	Com
Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Truly Dessere	прріс	Orunge	прис	Orange	, ippic
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Cucumber Salad	Tossed Spring Salad	Ceasar Salad
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Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Cucumber Salad	Carrot Raisin Salad	Neptune Salad	Chef Salad	Neptune Salad
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Pineapple Upside Cake
Descent	Dod Volvet Calco	Italian Cusans Calc-	Dod Valuet Calco	Italian Cusans Cals	Dod Valuat Calca
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Pecan Pie	Chocolate Crème Pie	Sweet Potato Pie	Strawberry Short Cake	Sweet Potatoe Pie
טבאפו נ	i ecali rie	Chocolate Creme Fle	Sweet Foldto Fie	Strawberry Short Cake	Sweet Folatoe Fie
Soup					

Dietician Signature: Chandre B. Carty, R.D.N, L.D



6/17/2024 6/18/2024 6/19/2024 6/20/2024 6/21/2024

FOOD SERVICE	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice /					
Entrée	Beef liver & Onions	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Chicken Nuggets	Fried Chicken	Fried Fish
Fu.sf.	Constitution of Devil, Chair	NA+1f		Spicy Cajun Shrimp	Meatloaf with Spanish
Entrée	Smothered Pork Chop	Meat Loaf	Hot Dogs/Chili	Over Rice	Sauce
Entrée	Turkey & Dressing	Chicken & Dumpling	Baked Chicken	Beef Stew / Rice	Baked Fish
Side/Vegetable	Candied Yams	Mashed Potatoes	Fried Okra	Baked Potato	Carrot Souffle
Side/Vegetable	Dry Lima Beans	Green Peas	Green Beans	Cabbage	Frozen Lima Beans
Jidey Vegetable	Dry zima zeans	0.00	oreen peans	000000	ozem zima zeans
Side/Vegetable	Cabbage	Fried Squash	Baked Potato	Pinto Beans	Broccoli & Rice
Healthy Choice/					
Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/		- 00			
Side Healthy Choice/	Corn	Peas & Carrots	Beets	Season Carrots	Corn on the cob
Fruit/Dessert	Banana	Orange	Apple	Orange	Apple
Fiuit/Dessert	Dallalla	Orange	Apple	Orange	Арріе
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
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Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
					Chocolate/Vanilla
Side/Salads	Neptune Salad	Chef Salad	Broccoli Mandeline	Pasta Salad	Pudding
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
5.00	John Moning Contribution	Soft Holly Colli Stick	Soft Nony Corn Stick	John Non/Com Stick	Soft Non/Com Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potao Pie	Apple Pie	Pecan Pie	Coconut Cream Pie	Chocolate Crème Pie
Soup					





6/24/2024 6/25/2024 6/26/2024 6/27/2024 6/28/2024



PICCADILLY	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice /		Baked Fish		Baked Fish	Grilled Chicken Breast
Entrée	Beef Liver/Onions		Grilled Pork Loin		
Entrée	Chicken Tenders	BBQ Wings Meat Loaf w Brown	Chicken Tenders	Fried Chicken	Southern Fried Fish Chopped Steaks with
Entrée	Baked Swiss Steak	Gravy	Hot Dogs	Italian Spaghetti Baked	Gravy & Onions
Littlec	Dakea SWISS Steak	Ciary	1101 2063	rtanun spagnetti bakea	Fried Fish w/
Entrée	Blackened Shrimp/Rice	CHINESE Pepper Steak	Baked Chicken	Turkey & Dressing	Hushpuppies
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Carrot Souffle	Twice Baked Potato	Broccoli & Rice
Side/Vegetable	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Carrot Souffle
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Yellow Rice
Healthy Choice/					
Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Broccoli
Healthy Choice/	COIII	Carrots	Decis	r cas a carrots	Di occon
Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
,	P P P	0	P P P	0	rr -
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Side/Salads	Cucumber	Broccoli Mandeline	Carrot Salad	Beets	Pudding
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Strawberry Cake	Chocolate Cake	Strawberry Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet	Italian Cream	Cheesecake
Dessert					
Soup					

Dietician Signature: Chandra B. Carty, R.D.N. L.D.

I certify, that the above menus, meet the 20%+ nutrient targets for American males and females, 51+ years, based on Dietary Guidelines 2021-2015.

Dietician Signature: Chandra B. Carty, R.D.N, L.D.

PICCADILLY	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice /	lvioliday	Tuesuay	weullesuay	Illuisuay	riluay
Entrée	Beef Liver & Onions	Grilled Chicken Breast	Baked Fish	Chopped Beef/Onions	Grilled Pork Chop
Entrée	Chicken Tenders		Baked Chicken	Friied Chicken	Southern Fried Fish
Entree	Chicken renders	BBQ Wings	Baked Chicken	Friled Chicken	Southern Fried Fish
F44 -	Constitution of David Character	Meatloaf with Spanish	Character Charles	Italian Conselvati Daland	Chi-lu-
Entrée	Smothered Pork Chops	Sauce	Chopped Steaks	Italian Spaghetti Baked	Chicken
	Red Bean, Rice and				
Entrée	Sausage	Chicken Tetrazzini	Baked Chicken	Turkey & Dressing	Baked Chicken
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Fried Squash	Polynesia Rice	Candied Yams
	Black_Eyed Peas	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Side/Vegetable	Cabbage	Buttered Okra	Green Beans	Cabbage	Collar Greens
Healthy Choice/					
Side	Turnip Greens	Broccoli	Corn	Collard Greens	Mixed Vegetables
Healthy Choice/					
Side	Corn	Carrots	Beets	Peas & Carrots	Buttered Okra
Healthy Choice/					
Fruit/Dessert	Apple	Banana	Orange	Apple	Orange
Side/Salads	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit Salad
Side/Salads	Cucumber	Carrot Raisin	Neptune	Broccoli Madeline	Cucumber
Healthy Choice/					
Bread					
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Lemon Iced Box Pie	Italian Cream Cake	Sweet Potato Pie
Dessert					
Soup					

I certify that the above menu, meets 20%, plus or minus, the monthly nutrient targets, for American males and females, 51+ yrs, based on the Dietary Guidelines 2021-2025.						
Dietician Signature:	Chandra B. Carty, R.D.N. L.D	Date:				