

NORTHWEST LOUISIANA

DECEMBER 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mold, bacteria and spills in the refrigerator can put you at risk for food poisoning. Maintaining a clean refrigerator can help improve the safety and quality of your food. Here are a few tips:

- Wipe up spills immediately
- Frequently clean the refrigerator handle
- Eliminate odors between cleanings by placing an opened box of baking soda in the back
- Sort through food at least once a week

1
Meatballs with Gravy
Whipped Potatoes
Spring Vegetable Blend
Dinner Roll
Cinnamon Graham Cookies
Milk | Margarine

4
Meatloaf with Gravy
Garlic Mashed Potatoes
Green Peas
Wheat Bread
Seasonal Fruit
Milk | Margarine

5
Chicken and Sausage Gumbo
Parslied Rice
Whole Kernel Corn
Cranberry Juice
Saltine Crackers
Vanilla Pudding
Milk

6
Sliced Turkey Breast with Gravy
Cut Yams
Crowder Peas
Dinner Roll
Cherry Gelatin
Milk | Margarine

7
Beef Italiano
Succotash
Broccoli
Texas Bread
Sugar Cookie
Milk | Margarine

8
Honey Mustard Chicken
Cheesy Potatoes
Okra and Tomatoes
Wheat Roll
Strawberry Fruit Bar
Milk | Margarine

11
Sloppy Joe
Ranch Potatoes
Mixed Vegetables
Hamburger Bun
Chocolate Pudding
Milk

12
Creole Steak
Black-eyed Peas
Cabbage
Cornbread
Glazed Fruit
Milk | Margarine

13
Smoked Sausage
Red Kidney Beans
Broccoli
Hot Dog Bun
Seasonal Fruit
Milk | Mustard

14
Chicken Cacciatore
Country Corn
Green Beans
Wheat Roll
Carnival Cookie
Milk | Margarine

15
Glazed Ham
Mashed Spiced Yams
Seasoned Green Peas
Biscuit
Frosted Birthday Cake
Milk | Margarine

18
Baked Meatballs w/Spaghetti Sauce
Spaghetti Noodles
Green Beans
Orange Juice
WG Breadstick
Butterscotch Pudding
Milk | Margarine

19
Hamburger Patty
Lettuce and Tomato
Tater Gems
Hamburger Bun
Cinnamon
Applesauce
Milk
Mustard | Ketchup

20
BBQ Chicken Thigh
Corn O'Brien
Brussels Sprouts
Wheat Bread
Pineapple Tidbits
Milk | Margarine

21
Christmas Meal
Glazed Ham
Sweet Potato Casserole
Broccoli
Wheat Roll
Strawberry Cake with Strawberry Frosting
Milk | Margarine

22
Closed for Holiday

25
Closed for Holiday

26
Beef Hot Dog
Baked Beans
Whole Kernel Corn
Hot Dog Bun
Seasonal Fruit
Milk | Mustard

27
Beef Chili with Beans
Buttered Rice
California Vegetable Blend
Apple Juice
Saltine Crackers
Banana Pudding with Wafers
Milk

28
New Year's Day Meal
Pork Roast with Gravy
Black-eyed Peas
Cabbage
Cornbread
Strawberry Shortcake
Cookie
Milk | Margarine

29
Closed for Holiday

Blair Mize, RD, LD

Blair Mize, RD, LD