

NORTHWEST LOUISIANA

FEBRUARY 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

How to Increase Probiotics in Your Diet.
To obtain more probiotics, enjoy fermented dairy foods including yogurt, kefir products and aged cheeses, which contain live cultures. Plus, some non-dairy also have beneficial cultures, including kimchi, sauerkraut, miso, and tempeh.

Adapted from nutrition411.com

Pork Carnitas
Mexican Corn
Refried Beans
Hamburger Bun
Peanut Butter Cookie
Milk | Taco Sauce ¹

Beef Jardiniere
Delmonico Potatoes
Okra and Tomatoes
Wheat Roll
Fudge Crème Cookie
Milk | Margarine ²

Meatloaf with Gravy
Ranch Potatoes
Harvard Beets
Wheat Bread
Brownie
Milk | Margarine ⁵

Grilled Pork Patty
w/Mushrooms
Oven Roasted
Potatoes
Succotash
Dinner Roll
Seasonal Fruit
Milk | Margarine ⁶

Beef and Bean Burrito
Spanish Rice
Fiesta Vegetable
Blend
Cranberry Juice
Chocolate Swirl
Pudding
Milk | Taco Sauce ⁷

Garlic Rosemary
Chicken Thigh with
Gravy
Peas and Carrots
Cabbage
Cornbread
Sugar Cookie
Milk | Margarine ⁸

Sliced Turkey Breast
with Gravy
Cheesy Potatoes
Seasoned Green
Beans
Texas Bread
Gingerbread Cookie
Milk | Margarine ⁹

Italian Style Pork Patty
Whipped Potatoes
Green Peas
Whole Grain Breadstick
Chocolate Chip Pudding
Milk | Margarine ¹²

Swiss Steak
Fettuccini Noodles
Tuscan Vegetable
Blend
Apple Juice
Texas Bread
Seasonal Fruit
Milk | Margarine ¹³

Valentine's Day Meal
Herb Crusted Pork Loin
with Gravy
Parslied Rice
Field Peas
Orange Juice
Dinner Roll
Strawberry Glazed Fruit
Milk | Margarine ¹⁴

Grilled Chicken Strips
with Gravy
Cut Yams
Seasoned Green Beans
Wheat Roll
Oatmeal Raisin Cookie
Milk | Margarine ¹⁵

Sliced Ham
Northern Beans
California Vegetable
Blend
Dinner Roll
Strawberry Fruit Bar
Milk | Margarine ¹⁶

Pineapple Chicken
Fried Rice
Ginger Carrots
Cranberry Juice
Wheat Bread
Fortune Cookie
Milk | Margarine ¹⁹

BBQ Pork Rib Patty
Delmonico Potatoes
Coleslaw
Hamburger Bun
Hot Spiced Fruit
Milk ²⁰

Beef Chili
Mexican Corn
Brussels Sprouts with
Cheese
Saltine Crackers
Rosy Applesauce
Milk ²¹

Country Fried Steak
with Gravy
Buttermilk Potatoes
Cabbage
Cornbread
Sugar Cookie
Milk | Margarine ²²

Lemon Pepper
Chicken Breast with
Gravy
Lima Beans
Broccoli
Wheat Roll
Frosted Birthday Cake
Milk | Margarine ²³

Salisbury Steak
Parslied Rice
Mixed Vegetables
Grape Juice
Wheat Bread
Seasonal Fruit
Milk | Margarine ²⁶

Beef Spaghetti
Casserole
Chuckwagon Corn
Green Beans
Wheat Roll
Banana Pudding with
Wafers
Milk | Margarine ²⁷

Sliced Turkey Breast
with Orange Sauce
Red Mashed Potatoes
Spinach
Texas Bread
Raspberry Gelatin
Milk | Margarine ²⁸

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