

NORTHWEST LOUISIANA

MARCH 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Benefits of Probiotics:

- Boosting your immune system
- Decreasing allergies
- Decreasing cavities
- Reducing problems with inflammatory bowel disease
- Helping people with lactose intolerance digest dairy products
- Reducing symptoms of diarrhea

Adapted from nutrition411.com

1
Sausage Jambalaya
Northern Beans
Broccoli
Whole Grain
Breadstick
Chocolate Chip Cookie
Milk | Margarine

2
Confetti Chicken Breast
Whipped Potatoes
Diced Carrots
Wheat Roll
Oatmeal Crème Cookie
Milk | Margarine

5
Swedish Meatballs
Mashed Potatoes
Green Peas
Wheat Bread
Cherry Gelatin
Milk | Margarine

6
Chicken Cacciatore
Rotini Pasta
Spinach
Fruit Blend Juice
Dinner Roll
Seasonal Fruit
Milk | Margarine

7
Hamburger Patty
Lettuce and Tomato
Baked Beans
Hamburger Bun
Mixed Fruit Cobbler
Milk
Mustard | Ketchup

8
Sliced Ham
Crowder Peas
Mixed Greens
Cornbread
Carnival Cookie
Milk | Margarine

9
Savory Beef Casserole
Whole Kernel Corn
Broccoli
Dinner Roll
Rice Krispie Treat
Milk | Margarine

12
Cranberry Dijon
Chicken Breast
Green Peas
Spring Vegetable
Blend
Wheat Bread
Seasonal Fruit
Milk | Margarine

13
Pork Roast with Gravy
Oven Roasted
Potatoes
Mixed Greens
Cornbread
Cinnamon
Applesauce
Milk | Margarine

14
Chicken and Sausage
Gumbo
White Rice
Glazed Carrots
Apple Juice
Saltine Crackers
Orange Gelatin
Milk

15
Pork Carnitas
Mexican Corn
Refried Beans
Hamburger Bun
Peanut Butter Cookie
Milk | Taco Sauce

16
St. Patrick's Day Meal
Beef Stew
Buttermilk Potatoes
Cabbage
Cornbread
St. Patrick's Day
Cookie
Milk | Margarine

19
Meatloaf with Gravy
Ranch Potatoes
Harvard Beets
Wheat Bread
Brownie
Milk | Margarine

20
Grilled Pork Patty
w/Mushrooms
Oven Roasted
Potatoes
Succotash
Dinner Roll
Seasonal Fruit
Milk | Margarine

21
Beef and Bean Burrito
Spanish Rice
Fiesta Vegetable Blend
Cranberry Juice
Chocolate Swirl
Pudding
Milk | Taco Sauce

22
Garlic Rosemary
Chicken Thigh with
Gravy
Peas and Carrots
Cabbage
Cornbread
Sugar Cookie
Milk | Margarine

23
Sliced Turkey Breast
with Gravy
Cheesy Potatoes
Seasoned Green Beans
Texas Bread
Frosted Birthday Cake
Milk | Margarine

26
Italian Style Pork Patty
Whipped Potatoes
Green Peas
Whole Grain Breadstick
Chocolate Chip Pudding
Milk | Margarine

27
Swiss Steak
Fettuccini Noodles
Tuscan Vegetable
Blend
Apple Juice
Texas Bread
Seasonal Fruit
Milk | Margarine

28
Smoked Sausage and
Pinto Beans
Buttered Rice
Whole Kernel Corn
Orange Juice
Wheat Bread
Lime Fruited Gelatin
Milk | Margarine

29
Easter Holiday Meal
Glazed Ham
Oven Roasted Potato
Medley
Broccoli Casserole
Dinner Roll
Strawberry Cake with
Cream Cheese Icing
Milk | Margarine

30
Closed for Holiday

Blair Mize, RD, LD

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