

NORTHWEST LOUISIANA

OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beef Hot Dog Baked Beans Whole Kernel Corn Hot Dog Bun Seasonal Fruit Milk Mustard</p>	<p>3</p> <p>Country Fried Steak with Country Gravy Garlic Whipped Potatoes Peas and Carrots Cornbread Applesauce Milk Margarine</p>	<p>4</p> <p>Beef Chili with Beans Buttered Rice California Vegetable Blend Apple Juice Saltine Crackers Banana Pudding with Wafers Milk</p>	<p>5</p> <p>Lemon Pepper Chicken with Gravy Country Potatoes Creole Green Beans Wheat Roll Strawberry Shortcake Cookie Milk Margarine</p>	<p>6</p> <p>BBQ Pork Rib Patty Ranch Beans Collard Greens Hamburger Bun Oreo Cookies Milk</p>
<p>9</p> <p>Chicken & Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Strawberry Gelatin Milk Margarine</p>	<p>10</p> <p>Salisbury Steak with Gravy Buttered Rice Squash and Zucchini Fruit Blend Juice WG Breadstick Seasonal Fruit Milk Margarine</p>	<p>11</p> <p>Cranberry Dijon Chicken Thigh Green Peas Cauliflower with Cheese Wheat Bread Lemon Swirl Pudding Milk Margarine</p>	<p>12</p> <p>Sliced Ham Northern Beans California Vegetable Blend Cornbread Chocolate Chip Cookie Milk Margarine</p>	<p>13</p> <p>Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Banana Moonpie Milk Taco Sauce</p>
<p>16</p> <p>Swiss Steak Lima Beans Glazed Carrots Dinner Roll Fresh Orange Milk Margarine</p>	<p>17</p> <p>Pork Roast with Gravy Parslied Potatoes Mixed Vegetables Wheat Bread Lime Gelatin Milk Margarine</p>	<p>18</p> <p>Hamburger Patty Lettuce and Tomato Tater Tot Casserole Hamburger Bun Mixed Fruit Cobbler Milk Mayonnaise Ketchup</p>	<p>19</p> <p>Parmesan Chicken Spinach Winter Vegetable Blend Texas Bread Oatmeal Raisin Cookie Milk Margarine</p>	<p>20</p> <p>Meatballs with Gravy Whipped Potatoes Spring Vegetable Blend Dinner Roll Cinnamon Graham Cookies Milk Margarine</p>
<p>23</p> <p>Meatloaf with Gravy Garlic Mashed Potatoes Green Peas Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>24</p> <p>Chicken and Sausage Gumbo Parslied Rice Whole Kernel Corn Cranberry Juice Saltine Crackers Vanilla Pudding Milk</p>	<p>25</p> <p>Sliced Turkey Breast with Gravy Cut Yams Crowder Peas Dinner Roll Cherry Gelatin Milk Margarine</p>	<p>26</p> <p>Beef Italiano Succotash Broccoli Texas Bread Sugar Cookie Milk Margarine</p>	<p>27</p> <p>Honey Mustard Chicken Cheesy Potatoes Okra and Tomatoes Wheat Roll Frosted Birthday Cake Milk Margarine</p>
<p>30</p> <p>Sloppy Joe Ranch Potatoes Mixed Vegetables Hamburger Bun Chocolate Pudding Milk</p>	<p>31</p> <p>Halloween Meal Creole Steak Black-eyed Peas Cabbage Cornbread Halloween Cookie Milk Margarine</p>	<p>Illness-causing bacteria can survive and spread around your kitchen, so it is important to wash the right way to prevent bacteria from spreading to your food. Wash hands for at least 20 seconds with soap and warm water. Wash surfaces, cutting boards, dishes and cooking utensils with hot soapy water. Sanitize sponges and replace them frequently. Wash produce under running tap water, but not meat, poultry or eggs.</p>		

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