

Northeast Louisiana

August 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY							
3	Grandma's Chicken & Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	4	BBQ Riblet Sweet Potato Wedges Brussels Sprouts Hamburger Bun Seasonal Fruit Milk	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each	5	Country Fried Steak Country Gravy or Smothered Meatballs Cheese Potatoes Okra & Tomatoes Texas Bread Fruit Whip Milk Margarine	1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	6	Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine	3.5 Oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	7	<i>~Summer Grill~</i> Shredded BBQ Chicken Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	
10	Swiss Steak Ranch Potatoes Succotash Texas Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	11	Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	12	Chicken Tenders or Zesty Meatballs Oven Roasted Potato Medley Green Peas Whole Wheat Roll Orange Gelatin Milk Margarine BBQ Sauce	2 each 6 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	13	Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Seasonal Fruit Milk Ranch Salad Dressing	1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	14	Taco Meat Shredded Cheese Lettuce Tomato Ranch Beans Flour Tortilla Tropical Fruit Crisp Milk Taco Sauce	4 ounce 1 ounce 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	
17	Scalloped Chicken Casserole Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	18	Glazed Ham Scalloped Potatoes Cabbage Whole Wheat Roll Shortbread Cookies Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	19	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Pickle Broccoli Raisin Salad Wheat Bread Banana Pudding w /Wafers Milk Mayonnaise	2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each 1 each	20	Smothered Chicken (Bone-In) Candied Spiced Yams Collard Greens Cornbread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	21	Sloppy Joe or Shredded BBQ Chicken Whole Kernel Corn Green Beans Hamburger Bun Birthday Cake Milk	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	
24	Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets Cauliflower Garlic Texas Bread Seasonal Fruit Milk	6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	25	Chicken & Sausage Jambalaya Black-eyed Peas Stewed Tomatoes Cornbread Butterscotch Pudding Milk Margarine	1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	26	Pork Roast Brown Gravy Steamed Rice Spinach Cranberry Juice Dinner Roll Banana Moon Pie Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	27	Fajita Chicken or Taco Meat Pinto Beans Corn O'Brien Flour Tortilla Lime Gelatin Milk Sour Cream Taco Sauce	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	28	Beef Patty Lettuce Tomato Pickle Hashbrown Casserole Hamburger Bun Tropical Fruit Crisp Milk Ketchup Mayonnaise	1 each 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each	
31	Beef Pot Pie Lima Beans Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each													



TRIO
Community Meals

Nourishment through
compassionate care.

Kim Dommert RD, LD

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