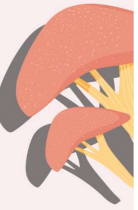





Northeast Louisiana

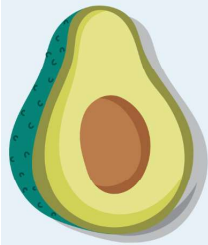
July 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 Chicken & Sausage Jambalaya Green Peas Tossed Salad Wheat Bread Bread Pudding Milk Margarine Ranch Salad Dressing	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	2 Orange Chicken Brussels Sprouts Capri Vegetables Dinner Roll Lime Gelatin Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	3 <i>~Independence Day Meal~</i> BBQ Riblette Ranch Beans Coleslaw Hamburger Bun Apple Cobbler Milk	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	4 <i>Closed for Holiday</i>	
7 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	8 Glazed Ham Baked Sweet Potato Cabbage Dinner Roll Fudge Creme Cookie Milk Margarine	3 oz 1 each 1/2 cup 1 each 1 each 1 each 1 each 1 each	9 Sliced Turkey Breast Swiss Cheese Lettuce Tomato 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	10 Smothered Chicken (Bone-In) Cut Yams Collard Greens Cornbread Diced Pears Milk Margarine	1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	11 Sloppy Joe <i>or</i> Shredded BBQ Chicken Whole Kernel Corn Green Beans w/Peppers Hamburger Bun Seasonal Fruit Milk	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each
14 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 1/2 cup 1 each 1 each 1 each	15 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 1 each	16 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	17 Fajita Chicken <i>or</i> 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 1/2 cup 1 each 1 each	18 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 1/2 cup 1 each 1 each 1 each
21 Beef Pot Pie Lima Beans Glazed Carrots Texas Toast Mandarin Oranges Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each	22 Smoked Sausage Red Kidney Beans Steamed Rice Cabbage Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1 each 1 each 1 each	23 Chicken Tenders <i>or</i> BBQ Riblet Delmonico Potatoes Brussels Sprouts Whole Wheat Roll Chocolate Pudding Milk Margarine Ketchup	2 each 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	24 Sweet & Sour Meatballs Japanese Vegetables Cauliflower Dinner Roll Oatmeal Creme Cookie Milk Margarine	6 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	25 Chicken Salad Potato Salad Coleslaw Wheat Bread Birthday Cake Milk	1/2 cup 1/2 cup 1/2 cup 2 slices 1 piece 1 each
28 Beef & Penne Casserole Whole Kernel Corn Green Beans w/Peppers Garlic Texas Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	29 Chicken & Sausage Gumbo Steamed Rice Apple Juice Stewed Tomatoes Saltine Crackers Pound Cake Milk Margarine	1 cup 1/2 cup 1 each 1/2 cup 2 pkt 1 slice 1 each 1 each	30 Beef Patty Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Bread Lemon Berry Pudding Milk Margarine	1 each 2 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	31 Chicken and Dumplings Green Peas Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	 TRIO Community Meals <i>Nourishment through compassionate care.</i>	

Kim Dommert RD, LD


Kim Dommert, RD, LD



Northeast Louisiana

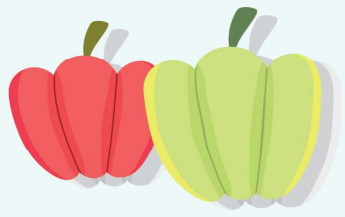
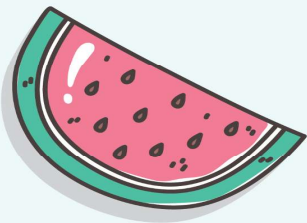
August 2025




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div><p>TRIO Community Meals</p><p>Nourishment through compassionate care.</p></div>								1 <div><i>~Summer Grill~</i> Shredded BBQ Chicken Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk</div>	<div>1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each</div>
4 <div>Grandma's Chicken & Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Cookie Milk Margarine</div>	<div>1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each</div>	5 <div>BBQ Riblet Sweet Potato Wedges Brussels Sprouts Hamburger Bun Seasonal Fruit Milk</div>	<div>1 each 1/2 cup 1/2 cup 1 each 1 each 1 each</div>	6 <div>Country Fried Steak Country Gravy <i>or</i> Smothered Meatballs Cheesy Potatoes Okra & Tomatoes Texas Bread Strawberry Whip Milk Margarin</div>	<div>1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each</div>	7 <div>Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine</div>	<div>3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each</div>	8 <div>Chicken Pasta Salad Green Bean Salad Beet Salad Saltine Crackers Seasonal Fruit Milk</div>	<div>1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each</div>
11 <div>Swiss Steak Ranch Potatoes Succotash Texas Bread Seasonal Fruit Milk Margarine</div>	<div>1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each</div>	12 <div>Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine</div>	<div>3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each</div>	13 <div>Chicken Tenders <i>or</i> Zesty Meatballs Oven Roasted Potato Medley Green Peas Wheat Bread Orange Gelatin Milk Margarine Ketchup</div>	<div>2 each 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each</div>	14 <div>Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Mandarin Oranges Milk Ranch Salad Dressing</div>	<div>1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each</div>	15 <div>Taco Meat Shredded Cheese Lettuce Tomato Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce</div>	<div>1/2 cup 1 oz 1/2 cup 1 each 1/2 cup 1 each 1 each</div>
18 <div>Scalloped Chicken Casserole Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine</div>	<div>1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each</div>	19 <div>Glazed Ham Baked Sweet Potato Cabbage Dinner Roll Fudge Creme Cookie Milk Margarine</div>	<div>3 oz 1 each 1/2 cup 1 each 1 each 1 each 1 each</div>	20 <div>Sliced Turkey Breast Swiss Cheese Lettuce Tomato Broccoli Raisin Salad Wheat Bread Banana Pudding w/Wafers Milk Mayonnaise</div>	<div>2.25 oz 1 oz 1/2 cup 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each 1 each</div>	21 <div>Smothered Chicken (Bone-In) Cut Yams Collard Greens Cornbread Diced Peas Milk Margarine</div>	<div>1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each</div>	22 <div>Sloppy Joe <i>or</i> Shredded BBQ Chicken Whole Kernel Corn Green Beans w/Peppers Hamburger Bun Birthday Cake Milk</div>	<div>1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1 piece 1 each</div>
25 <div>Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets Cauliflower Garlic Texas Bread Seasonal Fruit Milk</div>	<div>6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each</div>	26 <div>Chicken & Sausage Jambalaya Black-eyed Peas Stewed Tomatoes Cornbread Butterscotch Pudding Milk Margarine</div>	<div>1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each 1 each</div>	27 <div>Pork Roast Brown Gravy Steamed Rice Spinach Cranberry Juice Dinner Roll Banana Moon Pie Milk Margarine</div>	<div>3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each</div>	28 <div>Fajita Chicken <i>or</i> Taco Meat Pinto Beans Corn O'Brien Flour Tortilla Lime Gelatin Milk Sour Cream Taco Sauce</div>	<div>1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each</div>	29 <div><i>~Labor Day Meal~</i> Frankfurter w/Chili Baked Beans Coleslaw Hot Dog Bun Bread Pudding Milk Mustard</div>	<div>1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each</div>

Kim Dommert RD, LD

Kim Dommert, RD, LD



Northeast Louisiana September 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
1	Closed for Holiday	2	Smoked Sausage Red Kidney Beans Steamed Rice Cabbage Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1 each 1 each 1 each	3	Chicken Tenders or BBQ Riblet Delmonico Potatoes Brussels Sprouts Whole Wheat Roll Chocolate Pudding Milk Margarine Ketchup	2 each 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	4	Sweet & Sour Meatballs Japanese Vegetables Cauliflower Dinner Roll Oatmeal Creme Cookie Milk Margarine	6 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	5	Chicken Salad Potato Salad Coleslaw Wheat Bread Cinnamon Applesauce Milk	1/2 cup 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each	
8	Beef & Penne Casserole Whole Kernel Corn Green Beans w/Peppers Garlic Texas Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	9	Chicken & Sausage Gumbo Steamed Rice Apple Juice Stewed Tomatoes Saltine Crackers Pound Cake Milk Margarine	1 cup 1/2 cup 1 each 1/2 cup 2 pkt 1 slice 1 each 1 each	10	Beef Patty Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Bread Lemon Berry Pudding Milk Margarine	1 each 2 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	11	Chicken and Dumplings Green Peas Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	12	Pork Roast or BBQ Chicken Breast Mashed Spiced Yams Cabbage Cornbread Rice Krispie Treat Milk Margarine	3 oz 1 each 1/2 cup 1/2 cup 1 piece 1 each 1 each
15	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	16	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	17	Country Fried Steak Country Gravy or Smothered Meatballs Cheesy Potatoes Okra & Tomatoes Texas Bread Strawberry Whip Milk Margarine	1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	18	Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine	3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	19	Chicken Pasta Salad Green Bean Salad Beet Salad Saltine Crackers Birthday Cake Milk	1 cup 1/2 cup 1/2 cup 2 pkt 1 piece 1 each
22	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	23	Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	24	Chicken Tenders or Zesty Meatballs Oven Roasted Potato Medley Green Peas Wheat Bread Orange Gelatin Milk Margarine Ketchup	2 each 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each	25	Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Mandarin Oranges Milk Ranch Salad Dressing	1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	26	Taco Meat Shredded Cheese Lettuce Tomato Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce	1/2 cup 1 oz 1/2 cup 1 each 1/2 cup 1 each 1 each
29	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	30	Glazed Ham Baked Sweet Potato Cabbage Dinner Roll Fudge Creme Cookie Milk Margarine	3 oz 1 each 1/2 cup 1 each 1 each 1 each 1 each	<div><p>TRIO Community Meals</p><p>Nourishment through compassionate care.</p></div>								



Kim Dommert RD, LD

Kim Dommert, RD, LD