



June 2026

Northeast Louisiana

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
1	Chicken Tenders Country Gravy Whipped Potatoes Creole Green Beans Dinner Roll Seasonal Fruit Milk Margarine	2 each 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	2	Teriyaki Meatballs <i>or</i> Teriyaki Chicken Steamed Rice Japanese Vegetables Cranberry Juice Wheat Bread Banana Moon Pie Milk Margarine	6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each	3	Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Mixed Fruit Crisp Milk Mayonnaise Ketchup	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	4	Sliced Ham Northern Beans Turnip Greens Cornbread Orange Gelatin Milk Margarine	3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	5	Chicken Chef Salad Cucumber Tomato Salad Mandarin Oranges Saltine Crackers Graham Crackers Milk Ranch Salad Dressing	1.5 cup 1/2 cup 1/2 cup 2 pkt 1 pkt 1 each 1 each
8	Meatballs w/Spaghetti Sauce Spaghetti Noodles Zucchini Cranberry Juice Garlic Bread Seasonal Fruit Milk Margarine	6 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	9	BBQ Riblet <i>or</i> BBQ Chicken Baked Beans Coleslaw Hamburger Bun Mixed Fruit Crisp Milk	1 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	10	Glazed Ham Macaroni & Cheese Mixed Greens Fruit Juice Blend Dinner Roll Pineapple Tidbits Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	11	Chicken and Dumplings Whole Kernel Corn Cabbage Cornbread Strawberry Gelatin Milk Margarine	1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	12	Pork Roast Brown Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread Mississippi Mud Pudding Milk Margarine	1 each 1/2 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each
15	Taco Meat Spanish Rice Ole' Mixed Vegetables Flour Tortilla Seasonal Fruit Milk Taco Sauce Sour Cream	4 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	16	Turkey Breast w/Gravy Garlic Whipped Potatoes Italian Green Beans Dinner Roll Butterscotch Pudding Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	17	Chili Dog Diced Onions <i>or</i> BBQ Meatballs Baked Beans Coleslaw Hot Dog Bun Apple Cobbler Milk Mustard	1 each 1 tb 6 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	18	Beef Burgundy Steamed Rice Spinach Orange Juice Cornbread Peaches Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 piece 1/2 cup 1 each 1 each	19	<i>~Father's Day Meal~</i> Meatloaf Brown Gravy Buttermilk Potatoes Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each
22	Grandma's Chicken and Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	23	Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Hot Spiced Fruit Milk Ketchup Mustard	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	24	Smoked Sausage Kidney Beans Steamed Rice Cabbage Cornbread Shortbread Cookies Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1 pack 1 each 1 each	25	Southern Meatballs Whole Kernel Corn Green Beans Wheat Bread Orange Gelatin Milk Margarine	6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	26	Chicken Tenders Country Gravy <i>or</i> BBQ Riblet Cheesy Potatoes Mixed Greens Dinner Roll Birthday Cake Milk Margarine	2 each 1 oz 1 each 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each
29	Bowtie Lasagna Sliced Carrots Broccoli Florets Wheat Roll Fudge Creme Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	30	Chicken & Sausage Jambalaya Green Peas Tossed Salad Wheat Bread Bread Pudding w/Raisin Sauce Milk Margarine Ranch Dressing	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each									

Kim Dommert RD, LD

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EATING WELL ON A BUDGET



Eat a nutritious diet and stretch your food dollar with the following money-saving tips.

Plan Ahead

- Cook from scratch when possible. Cooking at home will yield financial and health benefits.
- Budget wisely! Know how much money you have to spend on food.
- Plan meals around items that are on sale and utilize foods you already have on hand first.
- Make a shopping list and stick to it. Avoid shopping when hungry.

Waste Nothing

- Store food right away after you shop to keep it fresh and safe.
- If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use.
- Use foods with the earliest expiration date.
- Learn how to use most of the vegetable or fruit—stems and all!
- Eat your leftovers at lunch or create new meals with leftover ingredients.

Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.

EATING WELL ON A BUDGET



You can eat a nutritious diet on a budget. Try these money-saving tips.

