COAST October 2024

	Not the second		The state of the s	
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatballs/Spaghetti Sauce	Oven Fried Chicken	Chicken/Sausage Gumbo	Pork Roast
	Spaghetti Noodles	Cheesy Whipped Potatoes	Steamed Rice	Brown Gravy
	Green Beans	Brussels Sprouts	Whole Kernel Corn	Black-eyed Peas
	Texas Bread	Wheat Bread	Saltine Crackers	Mixed Greens
	Rice Krispie Treat	Cinnamon Applesauce	Sugar Cookie	Cornbread
	100% Fruit Juice	Milk	100% Fruit Juice	Seasonal Fruit
	Milk	Margarine	Chocolate Milk	Milk
	Margarine		Margarine	Margarine
7	8	9	10	11
Smoked Sausage	Chili	Turkey Breast w/Gravy	Meatloaf	Chicken Chef Salad
Red Kidney Beans	Parslied Rice	Lima Beans	Brown Gravy	Cucumber Salad
Steamed Rice	Whole Kernel Corn	Brussels Sprouts	Ranch Potatoes	Coleslaw
Broccoli Florets	100% Fruit Juice	Dinner Roll	Glazed Carrots	Saltine Crackers
Wheat Bread	Saltine Crackers	Devil's Food Cake	Wheat Bread	Fudge Creme Cookie
Graham Crackers	Seasonal Fruit	Milk	Seasonal Fruit	Milk
Milk	Milk	Margarine	Milk	Ranch Dressing - 2
Margarine			Margarine	
14		16	David Parasi	18
Salisbury Beef	Chicken & Rice Casserole	Beef Patty	Pork Roast	Chicken/Sausage Jambalaya
Garlic Whipped Potatoes	Summer Vegetables	Lettuce Tomato	Onion Gravy	Corn O'Brien
Parslied Carrots	Green Peas w/Peppers	Baked Beans	Chunky Potatoes	Green Beans
Dinner Roll	Wheat Bread	Hamburger Bun	Garden Vegetables	Wheat Bread
Seasonal Fruit Milk	Oatmeal Creme Cookie Milk	Hot Rosy Applesauce Chocolate Milk	Dinner Roll Marble Pudding	Lemon Cake Milk
		Ketchup	Milk	
Margarine	Margarine	Retchap	Margarine	Margarine
21	22	23	24	25
Smoked Sausage	Bowtie Lasagna	BBQ Riblet	Oven Fried Chicken	~Birthday Celebration~
Red Kidney Beans	Whole Kernel Corn	Baked Sweet Potato	Steamed Rice	Meatballs w/Gravy
Steamed Rice	Glazed Carrots	Green Beans	Northern Beans	Ranch Potatoes
Spring Vegetables	Texas Bread	Dinner Roll	100% Fruit Juice	Green Peas
Wheat Bread	Seasonal Fruit	Mississippi Mud Pudding		Wheat Bread
Seasonal Fruit	Milk	Milk	Strawberry Cake	Birthday Cake
Milk	Margarine	Margarine	Milk	Milk
Margarine	and the second s	ga	Margarine	Margarine
28	29	30	31	· g·
Meatballs/Spaghetti Sauce	Fajita Chicken	Chicken/Sausage Gumbo	~Halloween Meal~	
Spaghetti Noodles	Pinto Beans	Parslied Rice	Beef Frank	
Broccoli Florets	Corn O'Brien	Sliced Carrots	Tater Tots	
100% Fruit Juice	Corn Tortilla	100% Fruit Juice	Baked Beans	
Wheat Bread	Seasonal Fruit	Saltine Crackers	Hot Dog Bun	Community Meals
Rice Krispie Treat	Chocolate Milk	Orange Cake	Seasonal Fruit	
Milk	Taco Sauce	Milk	Milk	Nourishment through
Margarine			Ketchup Mustard	compassionate care.

Lim Demmest RD, LD

COAST November 2024 Tuesday Wednesday **Thursday Friday Monday** Glazed Ham Black-eved Peas Cabbage Cornbread Banana Pudding Milk Nourishment through compassionate care. Margarine **Smoked Sausage** Chili Turkey Breast w/Gravy Meatloaf Chicken Chef Salad Red Kidney Beans Parslied Rice Lima Beans **Brown Gravy** Cucumber Salad Steamed Rice Whole Kernel Corn **Brussels Sprouts Ranch Potatoes** Coleslaw **Broccoli Florets** 100% Fruit Juice Dinner Roll **Glazed Carrots** Saltine Crackers Wheat Bread Saltine Crackers Devil's Food Cake Wheat Bread Fudge Creme Cookie **Graham Crackers** Seasonal Fruit Milk Seasonal Fruit Milk Margarine Ranch Dressing - 2 Milk Milk Milk Margarine Margarine 11 13 14 Salisbury Beef Chicken & Rice Casserole **Beef Patty Pork Roast** Chicken/Sausage Jambalaya Garlic Whipped Potatoes **Summer Vegetables** Lettuce | Tomato Onion Gravv Corn O'Brien **Parslied Carrots** Green Peas w/Peppers **Chunky Potatoes Baked Beans Green Beans Garden Vegetables** Dinner Roll Wheat Bread Hamburger Bun Wheat Bread Seasonal Fruit Oatmeal Creme Cookie Hot Rosy Applesauce Dinner Roll Lemon Cake Milk Milk Chocolate Milk Marble Pudding Milk Margarine Ketchup Milk Margarine Margarine Margarine 20 **Smoked Sausage** Bowtie Lasagna **BBQ** Riblet Oven Fried Chicken ~Birthday Celebration~ **Red Kidney Beans** Whole Kernel Corn **Baked Sweet Potato** Steamed Rice Meatballs w/Gravy **Glazed Carrots** Northern Beans **Ranch Potatoes** Steamed Rice **Green Beans** 100% Fruit Juice **Spring Vegetables Texas Bread** Dinner Roll **Green Peas** Wheat Bread Seasonal Fruit Mississippi Mud Pudding Dinner Roll Wheat Bread Seasonal Fruit Milk Milk Strawberry Cake Birthday Cake Milk Margarine Margarine Milk Milk Margarine Margarine Margarine 26 28 29 Meatballs/Spaghetti Sauce Fajita Chicken "Thanksgiving Meal"



Turkey w/Gravy

Cornbread Dressing

Green Beans

Dinner Roll

Spice Cake

100% Fruit Juice Milk

Margarine

Closed for Holiday

Closed for Holiday

Spaghetti Noodles

Broccoli Florets

100% Fruit Juice

Wheat Bread

Rice Krispie Treat

Milk

Margarine

Pinto Beans

Corn O'Brien

Corn Tortilla

Seasonal Fruit

Chocolate Milk

Taco Sauce

COAST December 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
2 3 4			5	6
Smoked Sausage	Chili	Turkey Breast w/Gravy	Meatloaf	Chicken Chef Salad
Red Kidney Beans	Parslied Rice	Lima Beans	Brown Gravy	Cucumber Salad
Steamed Rice	Whole Kernel Corn	Brussels Sprouts	Ranch Potatoes	Coleslaw
Broccoli Florets	100% Fruit Juice	Dinner Roll	Glazed Carrots	Saltine Crackers
Wheat Bread	Saltine Crackers	Devil's Food Cake	Wheat Bread	Fudge Creme Cookie
Graham Crackers	Seasonal Fruit	Milk	Seasonal Fruit	Milk
Milk	Milk	Margarine	Milk	Ranch Dressing - 2
Margarine			Margarine	
9	10	11	12	13
Salisbury Beef	Chicken & Rice Casserole	Beef Patty	Pork Roast	~Birthday Celebration~
Garlic Whipped Potatoes	Summer Vegetables	Lettuce Tomato	Onion Gravy	Chicken/Sausage Jambalaya
Parslied Carrots	Green Peas w/Peppers	Baked Beans	Chunky Potatoes	Corn O'Brien
Dinner Roll	Wheat Bread	Hamburger Bun	Garden Vegetables	Green Beans
Seasonal Fruit	Oatmeal Creme Cookie	Hot Rosy Applesauce	Dinner Roll	Wheat Bread
Milk	Milk	Chocolate Milk	Marble Pudding	Birthday Cake
Margarine	Margarine	Ketchup	Milk	Milk
			Margarine	Margarine
16	17	18	19	20
Smoked Sausage	Bowtie Lasagna	BBQ Riblet	Oven Fried Chicken	~Christmas Meal~
Red Kidney Beans	Whole Kernel Corn	Baked Sweet Potato	Steamed Rice	Pork Chop w/Gravy
Steamed Rice	Glazed Carrots	Green Beans	Northern Beans	Whipped Potatoes
Spring Vegetables	Texas Bread	Dinner Roll	100% Fruit Juice	Green Peas w/Onions
Wheat Bread	Seasonal Fruit	Mississippi Mud Pudding	Dinner Roll	Dinner Roll
Seasonal Fruit	Milk	Milk	Strawberry Cake	German Chocolate Cake
Milk	Margarine	Margarine	Milk	Milk
Margarine			Margarine	Margarine
23	24	25	26	27
Meatballs/Spaghetti Sauce			Beef Patty	~New Year's Meal~
Spaghetti Noodles			Onion Gravy	Glazed Ham
Broccoli Florets	Closed for Holiday	Closed for Holiday	Delmonico Potatoes	Black-eyed Peas
100% Fruit Juice			Spinach	Cabbage
Wheat Bread			Dinner Roll	Cornbread
Rice Krispie Treat			Seasonal Fruit	Fudge Creme Cookie
Milk			Milk	Milk
Margarine			Margarine	Margarine
30	31			
Smoked Sausage				
Red Kidney Beans				
Steamed Rice	Closed for Holiday			TRIO
Broccoli Florets				
Wheat Bread				Community Meals
Graham Crackers				Nourishment through
Milk				compassionate care.
Margarine				22

