

COAST

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Rice Krispie Treat 100% Fruit Juice Milk Margarine	Oven Fried Chicken Cheesy Whipped Potatoes Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk Margarine	Chicken/Sausage Gumbo Steamed Rice Whole Kernel Corn Saltine Crackers Sugar Cookie 100% Fruit Juice Chocolate Milk Margarine	Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
7	8	9	10	11
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Devil's Food Cake Milk Margarine	Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Ranch Dressing - 2
14	15	16	17	18
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken & Rice Casserole Summer Vegetables Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetables Dinner Roll Marble Pudding Milk Margarine	Chicken/Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Lemon Cake Milk Margarine
21	22	23	24	25
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	BBQ Riblet Baked Sweet Potato Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	Oven Fried Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	~Birthday Celebration~ Meatballs w/Gravy Ranch Potatoes Green Peas Wheat Bread Birthday Cake Milk Margarine
28	29	30	31	
Meatballs/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	Chicken/Sausage Gumbo Parslied Rice Sliced Carrots 100% Fruit Juice Saltine Crackers Orange Cake Milk	~Halloween Meal~ Beef Frank Tater Tots Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Mustard	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

Kim Dommert RD, LD

Kim Dommert, RD, LD

COAST November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Glazed Ham Black-eyed Peas Cabbage Cornbread Banana Pudding Milk Margarine
4	5	6	7	8
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Devil's Food Cake Milk Margarine	Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Ranch Dressing - 2
11	12	13	14	15
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken & Rice Casserole Summer Vegetables Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetables Dinner Roll Marble Pudding Milk Margarine	Chicken/Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Lemon Cake Milk Margarine
18	19	20	21	22
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	BBQ Riblet Baked Sweet Potato Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	Oven Fried Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	~Birthday Celebration~ Meatballs w/Gravy Ranch Potatoes Green Peas Wheat Bread Birthday Cake Milk Margarine
25	26	27	28	29
Meatballs/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	~Thanksgiving Meal~ Turkey w/Gravy Cornbread Dressing Green Beans Dinner Roll Spice Cake 100% Fruit Juice Milk Margarine	Closed for Holiday	Closed for Holiday

Kim Dommert RD, LD

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COAST December 2024

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

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