


Allen Parish School Board - DECEMBER 2018

Revised 10/04/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
L U N C H	Week 3 3	4	5	6	7	
	Chicken Alfredo WW Italian Bread Sticks with Spaghetti Sauce Dip Cooked Carrots Sweet Peas Sliced Pears Apple Slices	Turkey Hot Dog Mayo/Mustard Chili Cup w/out beans Baked Beans Strawberries Banana Brownie Bite	Chicken/Sausage Jambalaya Cornbread or Bread Stick Seasoned Blackeye Peas Steamed Broccoli Peach Slices Raisin Cup	Meatloaf with Gravy Mashed Potatoes Whole Wheat Bread Stick Steamed Corn Orange Wedges Banana	Grilled Chicken or Hamburger on a WW Bun Cheese Slice Mayo/Mustard/Catsup Sandwich Cup Sweet Potato Fries Fruit Cocktail Apple Slices	
	Week 1 10	11	12	13	14	
	Spaghetti & Meat Sauce Whole Wheat Breadstick Steamed Carrots Vegetable Medley Melon Cup Banana	Braised Pork Rice with Gravy Whole Wheat Roll Steamed Green Beans Diced Pears Applesauce Whole Wheat Cinnamon Sugar Cookie	BBQ Rib Pattie or BBQ Hamburger on Whole Wheat Bun Garden Salad with Lettuce, Tomato & Dressing Baked Beans Pineapple Tidbits Banana	Beef Nachos with Cheese Whole Grain Tortilla Chips Mexican Beans Lettuce/Tomato Cup Salsa Fruit Cocktail Blueberry Cup	Sloppy Joe or Corn Dog with Mayo/Mustard/Catsup Crispy Sweet Potato Fries Sandwich Cup Apricot Halves Apple Slices	
	Week 2 17	18	19	20	21	
	Breaded Chicken Breast Whole Wheat Roll Scalloped Potatoes Steamed Broccoli Peach Slices Applesauce	Shepard's Pie Cornbread Seasoned Mustard Greens White Navy Beans Diced Pears Banana	Chicken Nuggets & Catsup Mac & Cheese Steamed Carrots Steamed Green Beans Apricot Halves Apple Slices	Turkey or Pork Roast Rice & Gravy Red Beans Pineapple Rings with Cherry Banana Cowboy Cookie	Pepperoni /Cheese Pizza Garden Salad with Dressing Steamed Corn Carrot Sticks with Ranch Fruit Cup Orange Wedges	
	24	25	26	27	28	
	Holiday		Holiday	Holiday	Holiday	
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