



Capital AAA

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken & Sausage Jambalaya Cabbage Green Beans Wheat Bread Oatmeal Crème Cookie Margarine	2 Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Fresh Fruit Mustard/Mayonnaise Ketchup	3 Red Beans & Sausage Rice Apple Juice Turnip Greens Cornbread Fresh Fruit Margarine	4 Salisbury Patty Gravy Garlic Potatoes Peas & Carrots Wheat Bread Hermit Bar Margarine	5 Ham & Cheese Lettuce/Tomato/Pickle Coleslaw Flour Tortilla Craisins Mayonnaise Mustard
8 Beef Stew Brown Rice Venetian Vegetables Apple Juice White Roll Chocolate Chip Crème Margarine	9 Turkey Breast Brown Gravy Whipped Potatoes Green Beans Wheat Bread Fudge Round Margarine	10 Chicken & Sausage Gumbo & Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Margarine	11 Ham & Lima Beans Rice Cabbage Pickled Beets Cornbread Fresh Fruit Margarine	12 Fiesta Mac and Cheese Brussels Sprouts Carrots Wheat Bread Oatmeal Raisin Cookie Margarine
15 Creole Meatballs Green Peas & Carrots Country Corn Hot Dog Bun Fresh Fruit	16 Ham & White Beans Rice Turnip Greens Cucumber Salad Cornbread Fresh Fruit Margarine	17 BBQ Riblet 4 Way Mixed Vegetables Cabbage WG Hamburger Bun Sugar Cookie	18 Meat Sauce with Penne Pasta Venetian Vegetables Green Beans Wheat Bread Chocolate Coconut Cake Margarine	19 Baked Bone-in Chicken and Gravy Sour Cream & Chive Potatoes Black-eyed Peas Wheat Bread/Margarine Fresh Fruit
22 Mu Shu Pork Rice Asian Vegetables Fruit Blend Juice Wheat Bread Star Crunch Margarine	23 Hot Dog with Chili Chuckwagon Corn O'Brien Potatoes WG Hot Dog Bun Fresh Fruit	24 Taco Salad Lettuce & Tomato Pinto Beans Tortilla Chips Mixed Fruit Cobbler Taco Sauce	25 Baked Chicken Breast Brown Gravy/Rice Carrots Cranberry Juice Wheat Bread Oatmeal Crème Cookie Margarine	26 Special Home Style Meatloaf Brown Gravy Lyonnaise Potatoes Southern Green Beans White Roll Craisins Margarine
29 Sloppy Joe Ranch Beans Fiesta Potatoes WG Hamburger Bun Fresh Fruit	30 Sausage & Pinto Beans Rice Turnip Greens Cucumber Salad Cornbread Fresh Fruit Margarine	 TRIO Community Meals Nourishment through compassionate care.		Each Meal is Served with 1/2 Pint of 2% Milk