



Area 9 Frozen Menu

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Tossed Salad Salad Dressing Cal: 682 Sodium: 859	<i>New!</i> Egg Patty Florentine Parslied Potatoes Grits Pineapple Tidbits Milk Cal: 555 Sodium: 553	BBQ Pork Riblet Macaroni & Cheese Coleslaw Hamburger Bun Peach Cobbler Milk Cal: 866 Sodium: 1215
6	7	8	9	10
<i>New!</i> Honey Mustard Chicken Potato Wedges Mixed Vegetable Blend Hamburger Bun Oatmeal Cookie Milk Ketchup Cal: 808 Sodium: 976	Teriyaki Meatballs Parslied Rice Green Peas Japanese Vegetable Blend Milk Fortune Cookie Cal: 660 Sodium: 828	Sloppy Joe Baked Beans Parslied Carrots Hamburger Bun Mixed Fruit Milk Tossed Salad Salad Dressing Cal: 861 Sodium: 1124	Mozzarella Chicken Penne Pasta Whole Kernel Corn Tuscany Vegetable Blend Rice Krispie Treat Milk Cal: 686 Sodium: 891	Ham & White Beans Sweet Potatoes Green Beans w/Tomatoes Saltine Crackers Peanut Butter Pudding Milk Cal: 739 Sodium: 1147
13	14	15	16	17
Cheese Omelet Hashbrowns Biscuit Hot Applesauce Milk Assorted Jelly Cal: 745 Sodium: 1245	Swedish Meatballs Egg Noodles Green Peas Carrots Grape Juice Milk Cal: 731 Sodium: 839	Tarragon Chicken Breast Whipped Potatoes Broccoli Wheat Dinner Roll Mixed Fruit Milk Tossed Salad Salad Dressing Cal: 617 Sodium: 837	<i>New!</i> Pizza Casserole California Vegetable Blend Whole Grain Bread <i>New!</i> Pineapple Cobbler Milk Margarine Cal: 672 Sodium: 835	Pork Fried Rice Whole Kernel Corn <i>New!</i> Asian Green Beans Nutty Buddy Bar Milk Cal: 616 Sodium: 645
20	21	22	23	24
Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Cal: 572 Sodium: 782	Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Grain Bread Oreo Cookies Milk Margarine Cal: 646 Sodium: 643	Stuffed Pepper Casserole Parslied Rice Green Peas Carrots Grape Juice Milk Tossed Salad Salad Dressing Cal: 743 Sodium: 680	Fajita Chicken Charro Beans Stewed Tomatoes Flour Tortilla Lemon Bar Milk Cal: 681 Sodium: 803	A-1 Chopped Steak Whipped Potatoes Broccoli Whole Grain Bread Mandarin Oranges Milk Margarine Cal: 589 Sodium: 669
27	28	29	30	31
<i>New!</i> Chicken Calabacita (Chicken and Squash) Yellow Rice Broccoli Flour Tortilla Mandarin Oranges Milk Cal: 627 Sodium: 533	Spaghetti Bake Green Peas Saltine Crackers Apple Cobbler Milk Cal: 729 Sodium: 783	Bacon & Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Grape Juice Milk Tossed Salad Salad Dressing Cal: 724 Sodium: 943	BBQ Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Nutty Buddy Bar Milk Margarine Cal: 559 Sodium: 882	Cheeseburger Baked Beans Glazed Carrots Hamburger Bun Chocolate Chip Cookie Milk Cal: 905 Sodium: 1139

Menus subject to change

Veronica Gober MS RDN LD
 License # 37003515A