

# Area 9 Frozen Menu

## June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Smothered Meatballs Egg Noodles Mixed Vegetable Blend Hot Spiced Fruit Milk  Cal: 652 Sodium: 718	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Hot Dog Bun Fig Bar Cookie Milk Mustard   Ketchup  Cal: 860 Sodium: 1283	<i>New!</i> Jamaican Pork Parslied Rice Capri Vegetable Blend Wheat Dinner Roll Pineapple Tidbits Milk Margarine Tossed Salad Salad Dressing  Cal: 738 Sodium: 620	Swiss Steak Whipped Potatoes Green Bean Amandine Whole Grain Bread Mixed Fruit Milk Margarine  Cal: 667 Sodium: 610	Breaded Chicken Country Style Gravy Country Corn Carrots Wheat Dinner Roll Fresh Fruit Milk Margarine  Cal: 656 Sodium: 1037
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Gumbo Cajun Rice Succotash Saltine Crackers Grape Juice Milk  Cal: 659 Sodium: 591	Meatloaf w/Brown Gravy Whipped Potatoes Broccoli Whole Grain Bread Rice Krispie Treat Milk Margarine  Cal: 559 Sodium: 916	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
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<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
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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 Nuttty Buddy Bar Milk  Cal: 616 Sodium: 645

Menus subject to change

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