



# Area 9 Frozen Menu

June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Honey Glazed Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Applesauce, 4.5 oz Milk Margarine Cal: 578 Sodium: 696	Bacon & Cheese Egg Patty (2) Hashbrowns Cinnamon Raisin Oatmeal Mandarin Oranges, 4.5 oz Milk Cal: 604 Sodium: 834	Spaghetti Bake Green Peas Saltine Crackers Apple Cobbler Milk Cranberry Juice, 4 oz (2) Tossed Salad/Salad Dressing Cal: 930 Sodium: 910	Chicken Calabacita (Chicken & Squash) Yellow Rice Broccoli Whole Wheat Tortilla Hot Pineapple Tidbits Milk Cal: 641 Sodium: 479	Cheeseburger Baked Beans Glazed Carrots Whole Grain Hamburger Bun Fudge Crème Cookie Milk Cal: 894 Sodium: 1365
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Smothered Garden Meatballs Penne Pasta Mixed Vegetable Blend Cauliflower Apple Juice, 6 oz Milk Cal: 564 Sodium: 637	Smoked Sausage with Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Graham Crackers Milk Mustard   Ketchup Cal: 857 Sodium: 1289	Jamaican Pork Parslied Rice Capri Vegetable Blend Hot Apple Raisin Compote Milk Tossed Salad/Salad Dressing Cal: 696 Sodium: 520	Breaded Chicken Country Corn Carrots Whole Grain Hamburger Bun Chocolate Chip Cookie Milk BBQ Sauce Cal: 832 Sodium: 1272	Chopped Steak <i>New!</i> with Horseradish Sauce Whipped Potatoes Green Bean Amandine Whole Wheat Bread Pears, 4.5 oz Milk Margarine Cal: 642 Sodium: 658
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Meatloaf w/Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 556 Sodium: 898	Chicken Gumbo Cajun Rice Succotash Saltine Crackers Applesauce, 4.5 oz Milk Cal: 610 Sodium: 583	BBQ Pork Riblet Macaroni & Cheese Green Beans Whole Grain Hamburger Bun Peaches, 4.5 oz Milk Tossed Salad/Salad Dressing Cal: 813 Sodium: 1190	Egg Patty Florentine Parslied Potatoes Wheat English Muffin Pineapple Tidbits, 4.5 oz Milk Margarine Cal: 550 Sodium: 754	Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Cal: 661 Sodium: 847
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Honey Mustard Chicken Breas Potato Wedges Mixed Vegetable Blend Whole Grain Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup Cal: 861 Sodium: 1116	Teriyaki Meatballs Coconut Rice Seasoned Edamame Japanese Vegetable Blend Milk Fortune Cookie Cal: 717 Sodium: 981	Tarragon Pork Loin Sweet Potatoes Green Beans w/Tomatoes Whole Wheat Bread Nutty Buddy Bar Milk Tossed Salad/Salad Dressing Cal: 722 Sodium: 635	Sloppy Joe Baked Beans Parslied Carrots Whole Grain Hamburger Bun Pineapple Tidbits, 4.5 oz Milk Cal: 793 Sodium: 972	Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Pears, 4.5 oz Rice Krispie Treat Milk Cal: 684 Sodium: 928
<b>29</b>	<b>30</b>			
Swedish Meatballs Egg Noodles Green Peas Carrots Pears, 4.5 oz Milk Cal: 684 Sodium: 831	Cheese Omelet Hashbrowns French Toast Sticks (2) Peaches, 4.5 oz Milk Pancake Syrup Cal: 741 Sodium: 887			

Menus subject to change

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