Area 9 Frozen Menu

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	**2**	**3**
TRIO Community Meals Nourishment through compassionate care.		Pizza Casserole California Vegetable Blend Apple Juice, 6 oz Whole Wheat Bread Pineapple Cobbler Milk Margarine Tossed Salad/Salad Dressing Cal: 826 Sodium: 896	Creamy Chicken Marsala Whipped Potatoes Broccoli Wheat Dinner Roll Mandarin Oranges, 4.5 oz Milk Cal: 552 Sodium: 822	*New!* Pork Fried Rice Whole Kernel Corn Asian Green Beans Applesauce, 4.5 oz Milk Cal: 649 Sodium: 898
6	**7**	**8**	**9**	**10**
Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Cal: 616 Sodium: 876	Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Wheat Bread Oreo Cookies Milk Margarine Cal: 628 Sodium: 544	Fajita Chicken Charro Beans Whole Wheat Tortilla Hot Peaches Milk Taco Sauce Tossed Salad/Salad Dressing Cal: 643 Sodium: 771	Stuffed Pepper Bake Parslied Rice Green Peas Carrots Pineapple Tidbits, 4.5 oz Milk Cal: 607 Sodium: 621	A-1 Chopped Steak Derby Potatoes Broccoli Wheat Dinner Roll Apple Juice, 6 oz Milk Margarine Cal: 626 Sodium: 679
13	**14**	**15**	**16**	**17**
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 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
20	**21**	**22**	**23**	**24**
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk Cal: 584 Sodium: 948	Oriental Shoyu Chicken Jasmine Rice Japanese Vegetable Blend Pineapple Tidbits Fortune Cookie Milk Cal: 553 Sodium: 426	Salisbury Steak w/ Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Pears, 4.5 oz Milk Margarine Tossed Salad/Salad Dressing Cal: 683 Sodium: 782	Creole Baked Chicken Red Beans and Rice Collard Greens Cornbread Nutty Buddy Bar Milk Margarine Cal: 700 Sodium: 1232	Turkey Divan Parslied Rice Succotash Brussels Sprouts Snickerdoodle Bar Milk Cal: 765 Sodium: 540
27	**28**	**29**	**30**	**31**
Teriyaki Meatballs Lentil Vegetable Pilaf Broccoli Naan Bread Mandarin Oranges, 4.5 oz Milk Cal: 733 Sodium: 1158	*New!* Chicken Spaghetti Casserole Green Peas Carrots Wheat Dinner Roll Milk Oatmeal Crème Cookie Margarine Cal: 763 Sodium: 901	Egg Patty Breakfast Sausage Hashbrown Potatoes Biscuit Hot Peaches Milk Margarine Tossed Salad/Salad Dressing	Santa Fe Chicken w/ Penne Pasta Southwest Corn Green Beans Rice Krispie Treat Milk Cal: 649 Sodium: 490	Beef Patty Potato Wedges Hamburger Bun Pineapple Cobbler Milk Ketchup | Mustard Cal: 845 Sodium: 834

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