

# Area 9 Frozen Menu

## August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
BBQ Pork Riblet Hawaiian Baked Beans Mixed Vegetable Blend Hamburger Bun Rice Krispie Treat Milk  Cal: 802 Sodium: 1065	Chicken Breast <i>New!</i> w/ Romesco Sauce Parslied Noodles Tuscany Vegetable Blend Tropical Fruit, 4.5 oz Milk  Cal: 522 Sodium: 672	Krab Cake w/Dill Sauce Garden Vegetable Blend Green Peas Saltine Crackers Chocolate Cake Milk Tossed Salad/Salad Dressing Cal: 760 Sodium: 809	Smothered Beef Patty Whipped Potatoes Green Beans Whole Grain Bread Applesauce, 4.5 oz Milk Margarine Cal: 606 Sodium: 684	Butter Chicken w/ Yellow Rice Cauliflower Spiced Peaches n' Granola Milk  Cal: 535 Sodium: 394
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<i>New!</i> Creamy Marsala Garden Meatballs Penne Pasta Italian Vegetable Blend Broccoli Chocolate Chip Cookie Milk Cal: 579 Sodium: 778	Sloppy Joe Baked Beans Carrots Hamburger Bun Applesauce, 4.5 oz Milk Cal: 775 Sodium: 953	Beef Stroganoff (Egg Noodles in Stroganoff) Yellow Squash Green Beans Fig Bar Cookie Milk Tossed Salad/Salad Dressing Cal: 641 Sodium: 497	Egg Patty (2) Hashbrown Potatoes French Toast Sticks Peaches, 4.5 oz Milk Pancake Syrup Cal: 692 Sodium: 851	Chicken Enchilada w/ <i>New!</i> Citrus Mojo Sauce Fiesta Black Beans Stewed Tomatoes Sugar Cookie Milk Cal: 544 Sodium: 847
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Frito Pie Whole Kernel Corn Green Beans Corn Chips Lorna Doone Cookies Milk Cal: 669 Sodium: 554	Chicken Cordon Bleu Broccoli Glazed Carrots Wheat Dinner Roll Pineapple Tidbits, 4.5 oz Milk Margarine Cal: 679 Sodium: 1083	Loaded Potato Bake w/Ham Spring Vegetable Blend Cabbage Whole Grain Bread Mandarin Oranges, 4.5 oz Milk Assorted Jelly Tossed Salad/Salad Dressing Cal: 599 Sodium: 1361	Meatloaf w/Ketchup Sauce Whipped Potatoes Zucchini w/Tomatoes Wheat Dinner Roll Oreo Cookies Milk Margarine Cal: 652 Sodium: 1285	Sweet & Sour Chicken Parslied Rice Japanese Vegetable Blend Green Peas Oatmeal Raisin Cookie Milk Cal: 633 Sodium: 514
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<i>New!</i> Chicken Tenders Ranch Beans Summer Vegetables Hamburger Bun Oatmeal Crème Cookie Milk BBQ Sauce Cal: 901 Sodium: 1326	Breakfast Sausage w/Country Gravy O'Brien Hashbrown Potatoes Cinnamon Raisin Oatmeal Peaches, 4.5 oz Milk Cal: 599 Sodium: 707	Chopped Steak w/Onion Gravy Potato Wedges Green Beans Saltine Crackers Rice Krispie Treat Milk Ketchup Tossed Salad/Salad Dressing Cal: 677 Sodium: 643	Chicken & Sausage Whole Kernel Corn Okra & Tomatoes Cornbread Fudge Crème Cookie Milk Margarine Cal: 821 Sodium: 651	BBQ Pulled Pork Macaroni & Cheese Carrots Hamburger Bun Apple Juice, 6 oz Milk Cal: 669 Sodium: 1288
<b>31</b>				
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk  Cal: 584 Sodium: 948				

Menus subject to change

*Courtney Furr RDN, LDN*

Courtney Furr RDN LD  
 License # 37004552A