



# Area 9 Frozen Menu

## September 2026

| MONDAY                                                                                                                                                            | TUESDAY                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                        | THURSDAY                                                                                                                                        | FRIDAY                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                   | 1                                                                                                                                                             | 2                                                                                                                                                                                                | 3                                                                                                                                               | 4                                                                                                                                                  |
|                                                                                                                                                                   | Oriental Shoyu Chicken<br>Jasmine Rice<br>Japanese Vegetable Blend<br>Pineapple Tidbits<br>Fortune Cookie<br>Milk<br><br>Cal: 553 Sodium: 426                 | Salisbury Steak w/<br>Steakhouse Sauce<br>Whipped Potatoes<br>Green Beans<br>Whole Grain Bread<br>Pears, 4.5 oz<br>Milk<br>Margarine<br>Tossed Salad/Salad Dressing<br>Cal: 683 Sodium: 782      | Creole Baked Chicken<br>Red Beans and Rice<br>Collard Greens<br>Cornbread<br>Nutty Buddy Bar<br>Milk<br>Margarine<br><br>Cal: 700 Sodium: 1232  | Turkey Divan<br>Parslied Rice<br>Succotash<br>Brussels Sprouts<br>Snickerdoodle Bar<br>Milk<br><br>Cal: 765 Sodium: 540                            |
| 7                                                                                                                                                                 | 8                                                                                                                                                             | 9                                                                                                                                                                                                | 10                                                                                                                                              | 11                                                                                                                                                 |
| Teriyaki Meatballs<br>Lentil Vegetable Pilaf<br>Broccoli<br>Naan Bread<br>Mandarin Oranges, 4.5 oz<br>Milk<br><br>Cal: 733 Sodium: 1158                           | <b>New!</b> Chicken Spaghetti<br>Casserole<br>Green Peas<br>Carrots<br>Wheat Dinner Roll<br>Milk<br>Oatmeal Crème Cookie<br>Margarine<br>Cal: 763 Sodium: 901 | Egg Patty<br>Breakfast Sausage<br>Hashbrown Potatoes<br>Biscuit<br>Hot Peaches<br>Milk<br>Margarine<br>Tossed Salad/Salad Dressing<br>Cal: 811 Sodium: 1242                                      | Santa Fe Chicken<br>w/ Penne Pasta<br>Southwest Corn<br>Green Beans<br>Rice Krispie Treat<br>Milk<br><br>Cal: 649 Sodium: 490                   | Beef Patty<br>Potato Wedges<br>Hamburger Bun<br>Pineapple Cobbler<br>Milk<br>Ketchup   Mustard<br><br>Cal: 845 Sodium: 834                         |
| 14                                                                                                                                                                | 15                                                                                                                                                            | 16                                                                                                                                                                                               | 17                                                                                                                                              | 18                                                                                                                                                 |
| BBQ Pork Riblet<br>Hawaiian Baked Beans<br>Mixed Vegetable Blend<br>Hamburger Bun<br>Rice Krispie Treat<br>Milk<br><br>Cal: 802 Sodium: 1065                      | Chicken Breast<br><b>New!</b> w/ Romesco Sauce<br>Parslied Noodles<br>Tuscany Vegetable Blend<br>Tropical Fruit, 4.5 oz<br>Milk<br><br>Cal: 522 Sodium: 672   | Krab Cake w/Dill Sauce<br>Garden Vegetable Blend<br>Green Peas<br>Saltine Crackers<br>Chocolate Cake<br>Milk<br>Tossed Salad/Salad Dressing<br>Cal: 760 Sodium: 809                              | Smothered Beef Patty<br>Whipped Potatoes<br>Green Beans<br>Whole Grain Bread<br>Applesauce, 4.5 oz<br>Milk<br>Margarine<br>Cal: 606 Sodium: 684 | Butter Chicken<br>w/ Yellow Rice<br>Cauliflower<br>Spiced Peaches n' Granola<br>Milk<br><br>Cal: 535 Sodium: 394                                   |
| 21                                                                                                                                                                | 22                                                                                                                                                            | 23                                                                                                                                                                                               | 24                                                                                                                                              | 25                                                                                                                                                 |
| <b>New!</b> Creamy Marsala<br>Garden Meatballs<br>Penne Pasta<br>Italian Vegetable Blend<br>Broccoli<br>Chocolate Chip Cookie<br>Milk<br><br>Cal: 579 Sodium: 778 | Sloppy Joe<br>Baked Beans<br>Carrots<br>Hamburger Bun<br>Applesauce, 4.5 oz<br>Milk<br><br>Cal: 775 Sodium: 953                                               | Beef Stroganoff<br>(Egg Noodles in Stroganoff)<br>Yellow Squash<br>Green Beans<br>Fig Bar Cookie<br>Milk<br>Tossed Salad/Salad Dressing<br><br>Cal: 641 Sodium: 497                              | Egg Patty (2)<br>Hashbrown Potatoes<br>French Toast Sticks<br>Peaches, 4.5 oz<br>Milk<br>Pancake Syrup<br><br>Cal: 692 Sodium: 851              | Chicken Enchilada w/ <b>New!</b><br>Citrus Mojo Sauce<br>Fiesta Black Beans<br>Stewed Tomatoes<br>Sugar Cookie<br>Milk<br><br>Cal: 544 Sodium: 847 |
| 28                                                                                                                                                                | 29                                                                                                                                                            | 30                                                                                                                                                                                               |                                                                                                                                                 |                                                                                                                                                    |
| Frito Pie<br>Whole Kernel Corn<br>Green Beans<br>Corn Chips<br>Lorna Doone Cookies<br>Milk<br><br>Cal: 669 Sodium: 554                                            | Chicken Cordon Bleu<br>Broccoli<br>Glazed Carrots<br>Wheat Dinner Roll<br>Pineapple Tidbits, 4.5 oz<br>Milk<br>Margarine<br><br>Cal: 679 Sodium: 1083         | Loaded Potato Bake w/Ham<br>Spring Vegetable Blend<br>Cabbage<br>Whole Grain Bread<br>Mandarin Oranges, 4.5 oz<br>Milk<br>Assorted Jelly<br>Tossed Salad/Salad Dressing<br>Cal: 599 Sodium: 1361 |                                                                                                                                                 |                                                                                                                                                    |

Menus subject to change

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