

Area 9 Frozen Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			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
	5	6	7	8
	New! 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 Jambalaya Whole Kernel Corn Okra & Tomatoes Cornbread Fudge Crème Cookie Milk Margarine Cal: 821 Sodium: 651
	12	14	15	16
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 Cal: 619 Sodium: 660	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
19	20	21	22	23
Meatloaf w/Brown Gravy Whipped Potatoes New! Lemon Garlic Green Beans Wheat Dinner Roll Butter Sugar Cookie Milk Margarine Cal: 666 Sodium: 953	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Mandarin Oranges, 4.5 oz Milk Mustard Ketchup Cal: 783 Sodium: 1035	Ham & Black-Eyed Peas Whole Kernel Corn Collard Greens Cornbread Darlington Chocolate Chip Cookie Milk Margarine Tossed Salad/Salad Dressing Cal: 701 Sodium: 1101	Frito Pie Cilantro Lime Rice Carrots Frito Corn Chips Pears, 4.5 oz Milk Cal: 679 Sodium: 539	Cheese Omelet Hashbrown Potatoes English Muffin Hot Peaches Milk Assorted Jelly Cal: 735 Sodium: 849
26	27	28	29	30
New! Chinese Chicken Jasmine Rice Japanese Vegetable Blend Mandarin Oranges, 4.5 oz Fortune Cookie Milk Cal: 613 Sodium: 551	Egg Patty Breakfast Sausage Country Gravy Oven Roasted Potatoes Buttermilk Biscuit Cranberry Juice Milk Margarine Cal: 642 Sodium: 1199	Chicken Breast w/Poultry Gravy Garlic Whipped Potatoes Seasoned Green Beans Whole Wheat Bread Pumpkin Cookie Milk Margarine Diet - Graham Crackers Tossed Salad/Salad Dressing Cal: 653 Sodium: 856	New! Bolognese Casserole (Pasta in entrée) Whole Kernel Corn Cauliflower Whole Wheat Bread Pineapple Tidbits, 4.5 oz Milk Margarine Cal: 576 Sodium: 593	BBQ Pulled Pork Baked Beans Capri Vegetable Blend Hamburger Bun Applesauce, 4.5 oz Milk Cal: 652 Sodium: 1183

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