

Area 9 Frozen Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Potato Crusted Pollock Delmonico Potatoes Broccoli Whole Wheat Bread Fig Bar Cookie Milk Tartar Sauce Cal: 643 Sodium: 756	Fajita Chicken Refried Beans Fiesta Vegetable Blend Flour Tortilla Tropical Fruit, 4.5 oz Milk Taco Sauce Cal: 657 Sodium: 1008	Spaghetti Meatballs Spaghetti Noodles Tuscany Vegetable Blend Broccoli Pears, 4.5 oz Milk Tossed Salad/Salad Dressing Cal: 683 Sodium: 811	Cheeseburger Mac Green Peas Carrots Wheat Dinner Roll Peaches, 4.5 oz Milk Margarine Cal: 663 Sodium: 655	Turkey & Sweet Potato Hash Mixed Vegetable Blend Cornbread Cranapple Cobbler Milk Margarine Diet - Cranapplesauce Cal: 790 Sodium: 853
9	10	11	12	13
Chicken Philly w/ Provolone Cheese Ranch Potatoes Capri Vegetable Blend Whole Grain Hot Dog Bun Darlington Sugar Cookie Milk Cal: 629 Sodium: 789	Ground Beef Chili Brown Rice Broccoli Whole Wheat Bread Pineapple Tidbits, 4.5 oz Milk Cal: 611 Sodium: 742	Egg Patty (2) Hashbrown Casserole French Toast Sticks (2) Mandarin Oranges, 4.5 oz Milk Pancake Syrup Tossed Salad/Salad Dressing Cal: 743 Sodium: 979	<i>New!</i> Apple Chutney Pork Loin Whole Kernel Corn Seasoned Green Beans Whole Wheat Bread Carnival Cookie Milk Margarine Cal: 670 Sodium: 377	Chicken Tetrizzini (Pasta in entrée) Green Peas Carrots Oreo Cookies Milk Cal: 737 Sodium: 757
16	17	18	19	20
Sloppy Joe Meatballs Garlic Whipped Potatoes Broccoli Carrots Saltine Crackers Snickerdoodle Crème Pie Milk Diet - Lorna Doone Cookies Cal: 711 Sodium: 1020	Chicken & Sausage Paella (Rice in entrée) Succotash w/Carrots Peaches, 4.5 oz Milk Cal: 603 Sodium: 369	BBQ Pork Riblet Macaroni and Cheese Cauliflower Hamburger Bun Rice Krispie Treat Milk Tossed Salad/Salad Dressing Cal: 803 Sodium: 1474	<i>New!</i> Chicken Breast w/ Creamy Dijon Sauce Whole Kernel Corn Brussels Sprouts Wheat Dinner Roll Tropical Fruit, 4.5 oz Milk Cal: 588 Sodium: 831	Pizza Casserole (Pasta in entrée) Green Peas Garden Vegetable Blend Glazed Chocolate Cake Milk Diet - Graham Crackers Cal: 721 Sodium: 719
23	24	25	26	27
<i>New!</i> Onion Sage Chicken Seasoned Pasta Winter Vegetable Blend Mandarin Oranges, 4.5 oz Milk Cal: 470 Sodium: 613	Brown Sugar Glazed Ham Whipped Sweet Potatoes Mixed Vegetable Blend Whole Wheat Bread Gingerbread Cake Milk Diet - Lorna Doone Cookies Cal: 708 Sodium: 1607	Turkey Breast w/ Rosemary Gravy Scalloped Potatoes Green Bean Amandine Whole Wheat Bread Pumpkin Cookie Milk Margarine Diet - Graham Crackers Tossed Salad/Salad Dressing Cal: 638 Sodium: 1449	Hamburger Patty Baked Beans Stewed Tomatoes Hamburger Bun Hot Pineapple Tidbits Milk Ketchup Cal: 797 Sodium: 901	Chicken Enchilada w/ Tomatillo Sauce Fiesta Rice Spanish Carrots Applesauce, 4.5 oz Milk Cal: 529 Sodium: 534
30				
Meatloaf w/Brown Gravy Whipped Potatoes <i>New!</i> Lemon Garlic Green Beans Wheat Dinner Roll Butter Sugar Cookie Milk Margarine Cal: 666 Sodium: 953				

 **TRIO** Community Meals

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