

2 Pack Frozen Meal Menu

**Pack #2**

**Meal 1 (5062)**  
 Swedish Meatballs  
 With Noodles  
 Broccoli  
 Black Bean Blend  
 Skim Milk  
 Apple Juice  
 Raisins

**Meal 2 (5060)**  
 Chicken with Mushroom  
 Sauce  
 Rice  
 Broccoli  
 Carrots  
 Skim Milk  
 Wheat Bread & Margarine  
 Juice

**Pack #3**

**Meal 1 (5076)**  
 Sweet & Sour Chicken  
 Rice w/ Sweet & Sour Sauce  
 Limeblend  
 Sugar Snap Peas  
 Carrots  
 Wheat Bread & Margarine  
 Skim Milk  
 Orange Juice

**Meal 2 (5044)**  
 Salisbury Steak w/  
 Cubed Potatoes & Gravy  
 Peas & Carrots  
 Cauliflower  
 Wheat Bread & Margarine  
 Skim Milk  
 Fruit Burst  
 Juice

**Pack #4**

**Meal 1 (5043)**  
 Spaghetti & Meatballs  
 With Marinara Sauce  
 Broccoli  
 Black Bean Blend  
 Wheat Bread & Margarine  
 Skim Milk  
 Graham Crackers  
 Raisins  
 Juice

**Meal 2 (5066)**  
 Chicken Cacciatore  
 w/ Rice & Cacciatore Sauce  
 Brussels Sprouts  
 Yellow Squash  
 Wheat Bread & Margarine  
 Skim Milk

**Pack #6**

**Meal 1 (5053)**  
 Turkey w/  
 Dressing & Gravy  
 Green Beans  
 Corn  
 Wheat Bread & Margarine  
 Skim Milk  
 NutriGrain Bar

**Meal 2 (5048)**  
 Meatloaf Patty  
 w/ Tangy Tomato Sauce  
 Mashed Potatoes  
 Brussels Sprouts  
 Corn  
 Skim Milk  
 Juice  
 Fruit Burst

Note: 2 pack meals include entrees, wheat bread, margarine cups, skim milk, and orange or apple juice and assorted snacks. Not all items listed may be included