

5 Pack Frozen Meal Menu

Pack #1 – Week 1

<p>Meal 1 (5046) Country Herb Chicken w/ Mashed Potatoes Green Beans Carrots Wheat Bread & Margarine Skim Milk Raisin Bran Orange Juice</p>	<p>Meal 2 (5043) Turkey w/ Dressing & Gravy Green Beans Corn Wheat Bread & Margarine Skim Milk NutriGrain Bar Orange Juice</p>	<p>Meal 3 (5062) Swedish Meatballs With Noodles Broccoli Black Bean Blend Wheat Bread & Margarine Skim Milk Apple Juice Moon Pie</p>	<p>Meal 4 (5098) Homestyle Lasagna Italian Green Beans Garbanzo Bean Blend Wheat Bread & Margarine Skim Milk Moon Pie</p>	<p>Meal 5 (5041) Mesquite BBQ Chicken Carrots Green Beans Wheat Bread & Margarine Skim Milk Apple Juice Raisins</p>
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Pack #2 – Week 2

<p>Meal 1 (5060) Chicken Cacciatore w/ Rice & Cacciatore Sauce Brussels Sprouts Yellow Squash Wheat Bread & Margarine Skim Milk Raisins</p>	<p>Meal 2 (5086) Chicken Ala King Cheese Cauliflower Chickpeas Wheat Bread & Margarine Skim Milk Orange Juice</p>	<p>Meal 3 (5049) Charbroiled Beef Patty Mashed Potatoes Peas & Carrots Black Bean Blend Wheat Bread & Margarine Skim Milk Orange Juice</p>	<p>Meal 4 (5044) Salisbury Steak w/ Cubed Potatoes & Gravy Peas & Carrots Cauliflower Wheat Bread & Margarine Skim Milk Fruit Burst</p>	<p>Meal 5 (5066) Chicken & Rice with Mushroom Sauce Broccoli Carrots Skim Milk Wheat Bread & Margarine Apple Juice Raisins</p>
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Pack #3 – Week 3 – Has Fish

<p>Meal 1 (5098) Homestyle Lasagna Italian Green Beans Garbanzo Bean Blend Wheat Bread & Margarine Skim Milk Moon Pie</p>	<p>Meal 2 (5094) Meatballs w/ Mushroom Gravy Zucchini Mixed Vegetables Wheat Bread & Margarine Skim Milk Orange Juice</p>	<p>Meal 3 (5099) Southern Style Fish Green Peas California Blend Veggies Wheat Bread & Margarine Skim Milk Raisins</p>	<p>Meal 4 (5074) Turkey Pot Roast Mashed Potatoes Green Beans Carrots Wheat Bread & Margarine Skim Milk Cinnamon Apple Sauce Raisins</p>	<p>Meal 5 (5093) Sante Fe Chicken Lima Bean Blend Corn Wheat Bread & Margarine Skim Milk Orange Juice</p>
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Pack #4 – Week 4 – Has Fish

Meal 1 (5048)

Meatloaf Patty
w/ Tangy Tomato Sauce
Mashed Potatoes
Brussels Sprouts
Corn
Skim Milk
Juice
Fruit Burst

Meal 2 (5043)

Spaghetti & Meatballs
With Marinara Sauce
Broccoli
Black Bean Blend
Wheat Bread & Margarine
Skim Milk
Orange Juice

Meal 3 (5045)

Breaded Baked Fish
Brussel Sprouts
Yellow Squash
Wheat Bread & Margarine
Skim Milk
Raisin Bran
Apple Juice

Meal 4 (5054)

Chicken Teriyaki
Sugar Snap Peas
Yellow Squash
Wheat Bread & Margarine
Skim Milk
NutriGrain Bar
Raisins

Meal 5 (5065)

Fettuchini Alfredo
Brussels Sprouts
Mixed Vegetables
Wheat Bread & Margarine
Skim Milk
Apple Juice
Raisins

Pack #5 – Week 5

Meal 1 (5077)

Fiesta Chicken
Black Beans & Corn
Yellow Squash
Wheat Bread & Margarine
Skim Milk
Orange Juice

Meal 2 (5090)

Brunswick Stew
Green Beans
Carrots
Wheat Bread & Margarine
Skim Milk
Fruit Burst

Meal 3 (5049)

Beef Patty w/ Gravy
Green Beans
Carrots
Wheat Bread & Margarine
Skim Milk
Orange Juice

Meal 4 (5086)

Chicken Ala King
Cheese Cauliflower
Chickpeas
Wheat Bread & Margarine
Skim Milk
Orange Juice

Meal 5 (5068)

Turkey Tetrazzini
Yellow Squash
Spinach & Chickpeas
Wheat Bread & Margarine
Skim Milk
Cinnamon Applesauce