

5 Pack Frozen Meal Menu

Pack #15 – Week 1 (Has Fish)

Meal 1 (42)	Meal 2 (94)	Meal 3 (23)	Meal 4 (52)	Meal 5 (70)
Beef Pepper Patty & Gravy Mixed Greens Sweet Potatoes Margarine & Milk Grape Juice	Chicken Alfredo Carrots Corn with Peppers Whole Wheat Bread Margarine & Milk Elf Grahams Orange Juice	Homestyle Meatloaf Red Skin Potatoes Winter Vegetables Whole Wheat Bread Margarine & Milk Fudge Round Cookie	Chicken & Teriyaki Rice Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine & Milk Apple Juice	Pollock Nuggets Northern Beans Broccoli Whole Wheat Bread Margarine & Milk Mandarin Oranges Graham Crackers

Pack #25 – Week 2

Meal 1 (43)	Meal 2 (82)	Meal 3 (15)	Meal 4 (46)	Meal 5 (54)
New Orleans Chicken Sweet Potatoes Green Beans Whole Wheat Bread Margarine & Milk Apple Cereal Bar	Beef Patty Cheesy Chipotle Rice Whole Kernel Corn Broccoli Whole Wheat Bread Margarine & Milk Blended Juice	Pizzaiola Pork Asparagus Carrots Whole Wheat Bread Margarine & Milk Raisins	Stuffed Shells & Meat Sauce Northern Beans Spring Vegetables Whole Wheat Bread Margarine & Milk Orange Juice	Chicken & Dumplings Lima Beans Winter Vegetables Whole Wheat Bread Margarine & Milk Pineapple Cup Vanilla Crème Cookies

Pack #35 – Week 3 (Has Fish)

Meal 1 (37)	Meal 2 (29)	Meal 3 (47)	Meal 4 (53)	Meal 5 (44)
Taco Soup Sweet Potatoes Cauliflower Whole Wheat Bread Margarine & Milk Raisin Crème Cookie	Chicken & Penne Green Beans Corn with Peppers Whole Wheat Bread Orange Juice Graham Crackers	Salisbury Steak Red Skin Potatoes Mixed Vegetables Margarine & Milk Applesauce Goldfish Crackers	BBQ Chicken Sweet Potatoes Broccoli Cornbread Muffin Margarine & Milk Vanilla Grahams	Breaded Pollock Green Pea Blend Carrots Whole Wheat Bread Margarine & Milk Apple Juice Lemon Crème Cookies

Pack #45 – Week 4

Meal 1 (79)	Meal 2 (21)	Meal 3 (89)	Meal 4 (48)	Meal 5 (100)
Chicken Florentine Asparagus Carrots Whole Wheat Bread Margarine & Milk Cheese Crackers	Meat Lasagna Mixed Greens Corn with Peppers Whole Wheat Bread Margarine & Milk Star Crunch Cookie	Southwest Chicken Sweet Potatoes Broccoli Whole Wheat Bread Margarine & Milk Mixed Fruit Cup Graham Crackers	Sausage & Beans Winter Vegetables Cabbage Whole Wheat Bread Margarine & Milk Strawberry Cereal Bar	Meatballs, Rice & Gravy Peas & Carrots Cauliflower Whole Wheat Bread Margarine & Milk Blended Juice Chocolate Crème Cookies

Pack #55 – Week 5

Meal 1 (12)	Meal 2 (28)	Meal 3 (32)	Meal 4 (25)	Meal 5 (55)
Pepperoni Pizza 4 Seasons Vegetables Whole Kernel Corn Whole Wheat Bread Margarine & Milk Strawberry Applesauce Cranberry Juice	Chicken & Apricot Rice Carrots Brussels Sprouts Whole Wheat Bread Margarine & Milk Animal Crackers	Country Fried Steak Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine & Milk Orange Juice	Rosemary Chicken Spring Vegetables Cinnamon Apples Whole Wheat Bread Margarine & Milk Grape Juice Vanilla Grahams	Meatballs & Alfredo Shells Whole Kernel Corn Green Beans Cornbread Muffin Margarine & Milk Orange Juice

Note: 5 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