

Complete Frozen Meal Menu - Fall 2018 Rotation

Two Pack Meals

	#	Meal Description	Calories	Protein	Fat	Sodium
Week 1	46	Florentine Stuffed Shells & Meat Sauce w/ Northern Beans & Spring Vegetables <i>Wheat Bread, Dry Milk, Margarine, Applesauce</i>	608	37.9	15	966
	90	Chicken Tenders over Zesty Orange Rice with Kidney Beans and Corn & Peppers <i>Wheat Bread, Dry Milk, Margarine, Orange Juice</i>	672	49.8	10	687
Average:			640	43.85	12.5	826.5
Week 2	25	Rosemary Chicken with Cinnamon Apples and Spring Vegetables <i>Wheat Bread, Dry Milk, Margarine, Orange Juice, Raisins</i>	603	40.3	8.8	851
	21	Cheese Lasagna with Meat Sauce with Mixed Greens and Corn & Peppers <i>Wheat Bread, Dry Milk, Margarine, Vanilla Crème Cookie</i>	660	34	19.4	982
Average:			631.5	37.15	14.1	916.5
Week 3	52	Chicken and Teriyaki Rice with Sweet Potatoes and Brussels Sprouts <i>Wheat Bread, Dry Milk, Margarine, Apple Juice</i>	602	45.4	9.7	794
	55	Meatballs & Alfredo Shells with Kernel Corn and Green Beans <i>Wheat Bread, Dry Milk, Margarine, Orange Juice, Lemon Crème Cookie</i>	704	36	24.5	726
Average:			346.85	40.7	17.1	760
Week 4	97	Ginger Pork Patty with Red Skin Potatoes and Green Pea Blend <i>Wheat Bread, Dry Milk, Margarine, Brownie</i>	669	41.8	23.7	940
	83	Pesto Chicken with Carrots and Brussels Sprouts <i>Cornbread Muffin, Dry Milk, Margarine, Orange Juice, Raisins</i>	612	42.3	12.9	673
Average:			640.5	42.05	18.3	806.5

We cannot make any changes or substitutions to meal packs.

Please let us know if you have dietary restrictions and need to exclude any pack listed (e.g. no pork)