

# Complete Frozen Meal Menu - Fall 2018 Rotation

## Five Pack Meals

#	Meal Description	Calories	Protein	Fat	Sodium	
<b>Week 1</b>	19	Chicken & Mushroom Swiss Rice with Peas & Carrots and Cinnamon Apples <i>Wheat Bread, Dry Milk, Margarine, Oatmeal Crème Cookie</i>	656	43.5	16.7	936
	88	Beef Patty with Onion Gravy with Red Skin Potatoes and Broccoli <i>Wheat Bread, Dry Milk, Margarine, Grape Juice, Chocolate Chip Crème Cookie</i>	681	33.7	22.9	758
	78	Sausage, Egg & Cheese Burrito with Hash Browns and Tropical Fruit <i>Wheat Bread, Dry Milk, Margarine, Graham Crackers</i>	772	30.3	24.7	1034
	28	Chicken & Apricot Rice with Carrots and Brussels Sprouts <i>Cornbread Muffin, Dry Milk, Margarine, Apple Juice</i>	637	40.4	16.5	808
	87	Grilled Pork & Mushroom Gravy with Sweet Potatoes and Green Beans <i>Wheat Bread, Dry Milk, Margarine, Honey Goldfish Graham</i>	640	44.3	24.1	955
Average:		677.2	38.44	20.98	898.2	

<b>Week 2</b>	58	Pork Sausage and Mac & Cheese with Kidney Beans and Cabbage <i>Wheat Bread, Dry Milk, Margarine, Strawberry Applesauce</i>	667	42.5	24.8	953
	100	Beef Meatballs over Rice & Gravy with Peas, Carrots, and Cauliflower <i>Wheat Bread, Dry Milk, Margarine, Star Crunch Cookie</i>	625	35.1	23.2	769
	43	New Orleans Chicken & Rice with Sweet Potatoes and Green Beans <i>Wheat Bread, Dry Milk, Margarine, Strawberry Cereal Bar</i>	656	45.5	12.5	1027
	13	BBQ Pork Patty with Red Skin Potatoes and Whole Kernel Corn <i>Bran Muffin, Dry Milk, Margarine, Orange Juice</i>	705	30.2	24.5	806
	38	Beef Strips & Gravy with Mixed Greens and Four Seasons Vegetables <i>Cornbread Muffin, Dry Milk, Margarine, Grape Juice, Goldfish Crackers</i>	668	34.1	25.8	946
Average:		664.2	37.48	22.16	900.2	

<b>Week 3</b>	15	Pizzaiola Pork with Asparagus and Carrots <i>Wheat Bread, Dry Milk, Margarine, Vanilla Goldfish Graham</i>	605	41	24.5	1005
	95	Chicken & Honey Lemon Rice with Brussels Sprouts, Black Beans & Corn <i>Wheat Bread, Dry Milk, Margarine, Grape Juice</i>	614	44.8	9.6	578
	23	Homestyle Meatloaf with Winter Vegetables & Red Skin Potatoes <i>Wheat Bread, Dry Milk, Margarine, Fudge Round Cookie</i>	610	31	22.9	843
	85	Breaded Fish Wedge with Green Beans and Cauliflower <i>Bran Muffin, Dry Milk, Margarine, Apple Cereal Bar</i>	682	27.7	24.4	932
	82	Beef Patty & Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli <i>Wheat Bread, Dry Milk, Margarine, Mixed Fruit Cup</i>	607	37.2	18.6	691
Average:		623.6	36.34	20	809.8	

<b>Week 4</b>	29	Chicken & Tomato Basil Penne with Green Beans and Corn & Peppers <i>Wheat Bread, Dry Milk, Margarine, Mandarin Orange Cup, Graham Crackers</i>	612	43.9	12.5	887
	35	Honey BBQ Pork Riblets with Green Pea Blen and Cauliflower <i>Wheat Bread, Dry Milk, Margarine, Animal Crackers</i>	632	33.3	23.8	1182
	51	Chicken Noodle Casserole with Spinach and Four Seasons Vegetables <i>Cornbread Muffin, Dry Milk, Margarine, Apple Juice</i>	610	35.3	22.2	867
	84	Chipotle Meatloaf with Red Skin Potatoes and Green Beans <i>Wheat Bread, Dry Milk, Margarine, Fruit Punch, Goldfish Crackers</i>	617	30.5	20.4	753
	93	Breakfast Scramble with Asparagus and Hash Browns <i>Bran Flakes Cereal, Dry Milk, Margarine, Oatmeal Crème Cookie</i>	657	32.2	23.7	996
Average:		625.6	35.04	20.52	937	

<b>Week 5</b>	47	Salisbury Steak with Red Skin Potatoes & Mixed Vegetables <i>Wheat Bread, Dry Milk, Margarine, Pineapple Cup, Lemon Crème Cookie</i>	671	33	22.1	849
	54	Chicken & Dumplings with Lima Beans and Winter Vegetables <i>Wheat Bread, Dry Milk, Margarine, Cherry Star Juice, Graham Crackers</i>	634	46.9	12.2	1007
	41	Pork Patty & Brown Gravy with Mixed Greens and Sweet Potatoes <i>Cornbread Muffin, Dry Milk, Margarine, Grape Juice</i>	673	43	25.4	907
	34	Beef Chili with Beans with Broccoli and Cinnamon Apples <i>Wheat Bread, Dry Milk, Margarine, Brownie</i>	674	40.6	18.2	1088
	17	Honey Mustard Chicken with Peas & Carrots and Seasoned Green Beans <i>Wheat Bread, Dry Milk, Margarine, Orange Juice, Chocolate Crème Cookie</i>	718	35.5	22.2	988
<b>Average:</b>			<b>674</b>	<b>39.8</b>	<b>20.02</b>	<b>967.8</b>

<b>Breakfast - By request</b>	59	Ham & Cheese Frittata with Broccoli and Hash Browns <i>Bran Flakes Cereal, Dry Milk, Grape Juice, Goldfish Crackers</i>	605	27.2	14.5	933
	66	French Toast & Sausage with Applesauce and Hash Browns <i>Dry Milk, Pancake Syrup, Raisins, Apple Juice</i>	878	22.8	31.5	800
	71	Cheese Omelet & Salsa with Broccoli and Hash Browns <i>Bran Muffin, Dry Milk, Orange Juice, Blueberry Cereal Bar</i>	757	27.4	27.6	1171
	73	Whole Grain Pancakes & Sausage with Sweet Potatoes & Cinnamon Apples <i>Dry Milk, Pancake Syrup, Peaches, Vanilla Goldfish Grahams</i>	750	24.8	28.8	863
	74	Fried Egg Patties with Asparagus and Cinnamon Sweet Potatoes <i>Bran Muffin, Dry Milk, Cranberry Juice, Strawberry Cereal Bar</i>	752	28.2	25.9	777
<b>Average:</b>			<b>748</b>	<b>26</b>	<b>25</b>	<b>909</b>

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)