

Complete Frozen Meal Menu - Winter 2019 Rotation

Five Pack Meals

#	Meal Description	Calories	Protein	Fat	Sodium
Week 1	19 Chicken & Mushroom Swiss Rice with Peas & Carrots and Cinnamon Apples Wheat Bread, Dry Milk, Margarine, Raisins	656	43.5	16.7	936
	88 Beef Patty with Onion Gravy with Red Skin Potatoes and Broccoli Wheat Bread, Dry Milk, Margarine, Grape Juice, Chocolate Chip Crème Cookie	681	33.7	22.9	758
	78 Sausage, Egg & Cheese Burrito with Hash Browns and Tropical Fruit Bran Flakes, Dry Milk, Margarine, Apple Juice	734	29.5	26.6	1166
	28 Chicken & Apricot Rice with Carrots and Brussels Sprouts Bran Muffin, Margarine, Dry Milk, Applesauce, Graham Crackers	637	40.4	16.5	808
	87 Grilled Pork & Mushroom Gravy with Sweet Potatoes and Green Beans Cornbread Muffin, Dry Milk, Margarine, Fruit Punch	640	44.3	24.1	955
Average:		669.6	38.28	21.36	924.6
Week 2	58 Pork Sausage and Mac & Cheese with Kidney Beans and Cabbage Bran Flakes, Dry Milk, Margarine, Strawberry Applesauce	667	42.5	24.8	953
	100 Beef Meatballs over Rice & Gravy with Peas, Carrots, and Cauliflower Wheat Bread, Dry Milk, Margarine, Fruit Punch, Star Crunch Cookie	625	35	23.2	769
	43 New Orleans Chicken & Rice with Sweet Potatoes and Green Beans Wheat Bread, Dry Milk, Margarine, Apple Juice, Strawberry Cereal Bar	656	45.5	12.5	1027
	13 BBQ Pork Patty with Red Skin Potatoes and Whole Kernel Corn Bran Muffin, Dry Milk, Margarine, Orange Juice	705	30.2	24.5	806
	38 Beef Strips & Gravy with Mixed Greens and Four Seasons Vegetables Wheat Bread, Dry Milk, Margarine, Cranberry Juice, Oatmeal Crème Cookie	668	34	25.8	946
Average:		664.2	37.44	22.16	900.2
Week 3	15 Pizzaiola Pork with Asparagus and Carrots Wheat Bread, Dry Milk, Margarine, Fruit Punch, Vanilla Goldfish Grahams	605	41	24.5	1005
	95 Chicken & Honey Lemon Rice with Brussels Sprouts, Black Beans & Corn Wheat Bread, Dry Milk, Margarine, Grape Juice	614	45	9.6	578
	23 Homestyle Meatloaf with Winter Vegetables & Red Skin Potatoes Cornbread Muffin, Dry Milk, Margarine, Raisins	610	31	23	843
	85 Breaded Fish Wedge with Green Beans and Cauliflower Bran Muffin, Dry Milk, Margarine, Orange Juice, Apple Cereal Bar	682	27.7	24.4	932
	82 Beef Patty & Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli Wheat Bread, Dry Milk, Margarine, Mixed Fruit Cup	607	37.2	18.6	691
Average:		623.6	36.38	20.02	809.8
Week 4	29 Chicken & Tomato Basil Penne with Green Beans and Corn & Peppers Wheat Bread, Dry Milk, Margarine, Mandarin Oranges, Vanilla Graham Goldfis	612	44	12.5	887
	71 Cheese Omelet & Salsa with Broccoli and Hash Browns Bran Flakes, Dry Milk, Margarine, Apple Juice, Raisins	632	33.3	23.8	1182
	51 Chicken Noodle Casserole with Spinach and Four Seasons Vegetables Bran Flakes, Dry Milk, Margarine, Grape Juice	610	35.3	22.2	867
	84 Chipotle Meatloaf with Red Skin Potatoes and Green Beans Wheat Bread, Dry Milk, Margarine, Fruit Punch, Goldfish Crackers	617	30.5	20.4	753
	93 Breakfast Scramble with Asparagus and Hash Browns Bran Flakes Cereal, Dry Milk, Margarine, Applesauce	657	32.2	23.7	996
Average:		625.6	35.06	20.52	937
Week 5	47 Salisbury Steak with Red Skin Potatoes & Mixed Vegetables Wheat Bread, Dry Milk, Margarine, Pineapple Cup, Oatmeal Crème Cookie	671	33	21	849
	54 Chicken & Dumplings with Lima Beans and Winter Vegetables Wheat Bread, Dry Milk, Margarine, Fruit Punch, Graham Crackers	634	47	12.2	1007
	41 Pork Patty & Brown Gravy with Mixed Greens and Sweet Potatoes Cornbread Muffin, Dry Milk, Margarine, Grape Juice	673	43	25.4	907
	34 Beef Chili & Beans with Broccoli and Cinnamon Apples Wheat Bread, Dry Milk, Margarine, Cranberry Juice	674	40.6	18.2	1088
	17 Honey Mustard Chicken with Peas & Carrots and Seasoned Green Beans Wheat Bread, Dry Milk, Margarine, Orange Juice, Strawberry Cereal Bar	718	35.3	22.2	988
Average:		674	39.78	19.8	967.8
Breakfast - By request	59 Ham & Cheese Frittata with Broccoli and Hash Browns Bran Flakes Cereal, Dry Milk, Grape Juice, Goldfish Crackers	605	27.2	14.5	933
	66 French Toast & Sausage with Applesauce and Hash Browns Dry Milk, Pancake Syrup, Raisins, Apple Juice	878	22.8	31.5	800
	71 Cheese Omelet & Salsa with Broccoli and Hash Browns Bran Muffin, Dry Milk, Orange Juice, Blueberry Cereal Bar	757	27.4	27.6	1171
	73 Whole Grain Pancakes & Sausage with Sweet Potatoes & Cinnamon Apples Dry Milk, Pancake Syrup, Peaches, Vanilla Goldfish Grahams	750	24.8	28.8	863
	74 Fried Egg Patties with Asparagus and Cinnamon Sweet Potatoes Bran Muffin, Dry Milk, Cranberry Juice, Strawberry Cereal Bar	752	28.2	25.9	777
Average:		748	26	25	909