



SEPTEMBER 2024 - FROZEN STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Cheese Lasagna Rollups Italian Blend Vegetables <i>Fruit or Juice</i>	2 BBQ Chicken Breasts Cuban Black Beans and Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	3 Stewed Chicken Breast California Blend Vegetables Kale with Tomato <i>Fruit or Juice</i>	4 Caribbean Curry w/ Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	5 Sweet and Sour Pork Chop Garlic and Rosemary Roasted Potatoes Collard Greens with Tomato <i>Fruit or Juice</i>	6 Baked Fish with Rustic Tomato Sauce Cous Cous California Blend Vegetables <i>Fruit or Juice</i>	7 Cheese Lasagna Rollups w/ Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>	
8 Cauliflower Fried Rice w/ Tofu and Edamame Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	9 Coconut Curried Chicken Breast w/ Vegetables Rice and Beans Normandy Blend <i>Fruit or Juice</i>	10 BBQ Pulled Pork Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	11 Eggplant Chickpea Tagine Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	12 Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Carrots <i>Fruit or Juice</i>	13 Baked Breaded Fish Capri Blend Vegetables Kale with Tomato <i>Fruit or Juice</i>	14 Chicken Stir Fry w/ Vegetables Pearled Barley Vegetable Mix <i>Fruit or Juice</i>	
15 Beef Meatballs in Tomato Sauce Cous Cous Steamed Green Beans <i>Fruit or Juice</i>	16 Cheese Lasagna Rollups w/ Tomato Sauce Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	17 Vegetarian Three Bean Chili Steamed Broccoli Steamed Cauliflower <i>Fruit or Juice</i>	18 Beef Meatloaf w/ Mushroom Gravy Smashed Red Potatoes California Blend Vegetables <i>Fruit or Juice</i>	19 Smokey Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>	20 Spanish Style Baked Fish Cous Cous Vegetable Mix <i>Fruit or Juice</i>	21 Mexican Style Chicken Thighs and Rice Italian Blend Vegetables <i>Fruit or Juice</i>	
22 Cheese Tortellini w/ Alfredo Sauce Capri Blend Vegetables <i>Fruit or Juice</i>	23 Classic Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>	24 Comforting Red Lentil Bolognese Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	25 Chicken Kofta w/ Tomato Curry Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	26 Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>	27 Baked Fish Marsala w/ Mushrooms Italian Blend Vegetables <i>Fruit or Juice</i>	28 BBQ Pork Chops Baked Sweet Potato Normandy Blend <i>Fruit or Juice</i>	
29 Sweet and Sour Chicken Meatballs Toasted Barley with Mushrooms Steamed Broccoli <i>Fruit or Juice</i>	30 Beef Meatballs in Tomato Sauce Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>						

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).