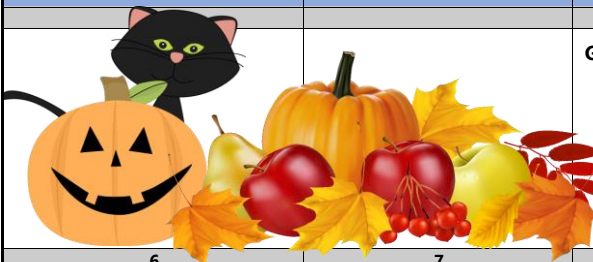





OCTOBER 2024 - FROZEN STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
6	7	8	9	10	11	12
Cheese Ravioli w/ Tomato Sauce California Blend Vegetables <i>Fruit or Juice</i>	Stuffed Shells w/ Tomato Sauce Baby Carrots w/ Parsley <i>Fruit or Juice</i>	Honey Mustard Chicken Drumstick Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	Comforting Lentil and Bean Chili Toasted Barley with Mushrooms California Blend Vegetables <i>Fruit or Juice</i>	Chicken Fricassee Yellow Rice Normandy Blend <i>Fruit or Juice</i>	Homemade Coconut Breaded Fish Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	Baked Ziti w/ Cheese Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
13	14	15	16	17	18	19
Cheese Lasagna Rollups Italian Blend Vegetables <i>Fruit or Juice</i>	BBQ Chicken Breasts Cuban Black Beans and Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	Stewed Chicken Breast California Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i>	Caribbean Curry w/ Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	Sweet and Sour Pork Chop Collard Greens with Tomato Garlic and Rosemary Roasted Potatoes <i>Fruit or Juice</i>	Baked Fish w/ Rustic Tomato Sauce Cous Cous California Blend Vegetables <i>Fruit or Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>
20	21	22	23	24	25	26
Cauliflower Fried Rice w/ Tofu and Edamame Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Coconut Curried Chicken Breast with Vegetables Rice and Beans Normandy Blend <i>Fruit or Juice</i>	BBQ Pulled Pork Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	Eggplant Chickpea Tagine Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Carrots <i>Fruit or Juice</i>	Baked Breaded Fish Capri Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i>	Chicken Stir Fry w/ Vegetables Vegetable Mix Normandy Blend <i>Fruit or Juice</i>
27	28	29	30	31		
Beef Meatballs in Tomato Sauce Cous Cous Steamed Green Beans <i>Fruit or Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	Vegetarian Three Bean Chili Steamed Broccoli Steamed Cauliflower <i>Fruit or Juice</i>	Beef Meatloaf w/ Mushroom Gravy California Blend Vegetables Smashed Red Potatoes <i>Fruit or Juice</i>	Smokey Black Bean and Sweet Potato Chili Winter Blend Vegetables <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).