

# November 2023 Frozen Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<b>29- Breaded Fish</b> Mixed Vegetables Cheesy Potatoes Whole Grain Bread Milk & Orange Juice			<b>30- Meatballs &amp; Pasta in Marinara</b> Steamed Broccoli Whole Grain Bread Graham Crackers Applesauce, Milk			<b>31- Chicken Stew</b> Carrots Strawberry Applesauce Crisp Whole Grain Bread Milk & Blended Juice			<b>1- Pork Chop Patty w/ Gravy</b> Brussels Sprouts Sweet Potatoes Whole Grain Bread Raisins, Milk			<b>2- Chicken w/ Italian Sauce</b> Green Beans Garlic Mashed Potatoes Whole Grain Bread Cinnamon Applesauce Milk			<b>3- Three Bean Chili</b> Squash Medley Whole Grain Bread Milk & Grape Juice			<b>4- Twisted Mac &amp; Cheese</b> Carrots Whole Grain Bread Raisins Milk		
611kcal	111g carb	21 fat	608kcal	113g carb	20g fat	822kcal	126g carb	23g fat	626kcal	81g carb	21g fat	749kcal	85g carb	27g fat	657kcal	90g carb	24g fat	681kcal	116g carb	21g fat
32g pro	11.4g fib	524mg	35g pro	12g fib	448mg	42g pro	11g fib	882mg	36g pro	10g fib	736mg	38g pro	13g fib	507mg	35g pro	12g fib	447mg	31g pro	11g fib	568mg
<b>5- Hamburger Patty w/ Whole Grain Bun</b> Carrots Mashed Potatoes Applesauce, Milk			<b>6- Chicken Marsala</b> Green Beans Butternut Squash Whole Grain Bread Milk & Pineapple Juice			<b>7- Pasta Bolognese</b> Italian Veg Medley Whole Grain Bread Strawberry Applesauce Milk			<b>8- Black Beans &amp; Rice</b> Corn Carrots Whole Grain Bread Graham Cracker & PB Milk			<b>9- NY Strip Patty w/ Mushroom Gravy</b> Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread Milk & Orange Juice			<b>10- Chicken w/ Thai Ginger Red Curry Sauce</b> Green Beans Carrots Whole Grain Bread Milk & Apple Juice			<b>11- Beef Patty in Teriyaki Sauce</b> Mixed Vegetables Steamed White Rice Whole Grain Bread Milk & Orange-Pine Juice		
683kcal	98g carb	22g fat	644kcal	80g carb	23g fat	636kcal	103g carb	21g fat	903kcal	132g carb	24g fat	709kcal	103g carb	23g fat	689kcal	83g carb	24g fat	729kcal	116g carb	21g fat
36g pro	12g fib	611mg	34g pro	9g fib	532mg	35g pro	10g fib	427mg	36g pro	21g fib	570mg	34g pro	12g fib	805mg	33g pro	12g fib	426mg	36g pro	11g fib	697mg
<b>12- Three Cheese Macaroni &amp; Cheese</b> Green Beans Carrots Whole Grain Bread Raisins, Milk			<b>13- Omelet w/ Sausage Links</b> Breakfast Potatoes Strawberry Applesauce Crisp Whole Grain Bread Milk & Orange Juice			<b>14- Vegetarian Chili</b> Carrots Whole Grain Bread Graham Cracker & PB Milk			<b>15- Beef Patty w/ Pizzaiola Sauce</b> Green Beans Pineapple & Oranges Whole Grain Bread Snickerdoodle Cookie Milk			<b>16- Batter-Dipped Fish Nuggets</b> Carrots Garlic Mashed Potatoes Whole Grain Bread Milk & Orange Juice			<b>17- Meatloaf w/ Apple Brown Gravy</b> Stewed Tomatoes Skin-On Potatoes Whole Grain Bread Cinnamon Applesauce Milk			<b>18- Honey Mustard Chicken</b> Carrots Garlic Mashed Potatoes Whole Grain Bread Milk & Orange Juice		
847kcal	114g carb	29g fat	739kcal	109g carb	24g fat	847kcal	121g carb	25g fat	799kcal	107g carb	28g fat	660kcal	102g carb	21g fat	789kcal	93g carb	26g fat	663kcal	101g carb	22g fat
32g pro	13g fib	572mg	31g pro	9.4g fib	758mg	37g pro	23g fib	710mg	34g pro	12g fib	703mg	30g pro	15g fib	521mg	38g pro	11g fib	656mg	35g pro	10g fib	651mg
<b>19- Baked Chicken</b> Yellow Rice w/ Tomatoes & Chives Green Beans w/ Red Pepper Whole Grain Bread Milk & Apple Juice			<b>20- NY Steak Beef Patty w/ Mushroom Gravy</b> Garlic Mashed Potatoes Mixed Vegetables Whole Grain Bread Applesauce Milk			<b>21- Pork Rib in BBQ Sauce</b> Sweet Potatoes Mixed Vegetables Whole Grain Bread Milk & Orange Juice			<b>22- Southern-Style Fish Filet</b> Cheesy Potatoes Broccoli Whole Grain Bread Milk & Blended Juice			<b>23- Vegetable Garden Scramble</b> Breakfast Potatoes Cranberry Apples Whole Grain Bread Milk			<b>24- Beef Patty w/ Picadillo Sauce</b> Sweet Potatoes Green Peas Whole Grain Bread Milk & Pineapple Juice			<b>25- Macaroni &amp; Beef Casserole</b> Spinach Neapolitan California Vegetable Blend Whole Grain Bread Milk & Blended Juice		
868kcal	108g carb	26g fat	688kcal	105g carb	23g fat	772kcal	114g carb	22g fat	676kcal	97g carb	25g fat	827kcal	112g carb	27g fat	708kcal	137g carb	23g fat	778kcal	110g carb	22g fat
37g pro	8.8g fib	701mg	37g pro	14g fib	807mg	36g pro	12g fib	697mg	36g pro	10g fib	630mg	40g pro	14g fib	696mg	37g pro	12g fib	634mg	41g pro	13g fib	650mg
<b>26- Huevos Rancheros Omelet</b> Parslied Potatoes Cranberry Pears Whole Grain Bread Milk & Orange-Pineapple Juice			<b>27- Omelet w/ Veggies &amp; 2 Sausage Links</b> Breakfast Potatoes Spiced Peaches Whole Grain Bread Graham Crackers Milk & Orange Juice			<b>28- Western Style Omelet</b> Potatoes O'Brien Strawberry Applesauce Crisp Whole Grain Bread Milk & Orange Juice			<b>29- Egg Patty w/ Country Pepper Gravy</b> Hash Brown Potatoes Maple-Pecan Cinnamon Apples Whole Grain Bread Milk & Orange Juice			<b>30- Cheese Omelet Potatoes</b> Fruited Granola Oatmeal Packet Whole Grain Bread Milk & Orange-Pineapple Juice			<b>1- Egg Patty w/ Whole Grain Pancakes</b> Strawberry Compote Whole Grain Bread Peanut Butter Raisins Milk & Orange Juice			<b>2- Garden Scrambled Eggs</b> Potatoes Cranberry Apples Whole Grain Bread Milk & Orange Juice		
980kcal	121g carb	33g fat	1027kcal	124g carb	36g fat	761kcal	112g carb	25g fat	813kcal	107g carb	26g fat	773kcal	142g carb	23g fat	842kcal	109g carb	32g fat	919kcal	127g carb	28g fat
50g pro	14g fib	827mg	50g pro	13g fib	837mg	31g pro	12g fib	724mg	35g pro	15g fib	711mg	32g pro	15g fib	694mg	39g pro	12g fib	861mg	42g pro	17g fib	702mg