

Teller August 2024 Frozen Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
4- Chicken in Thai Ginger Red Curry Green Beans Carrots Whole Grain Bread Sandwich Cookies Milk & Blended Juice			5- Pasta Bolognese Italian Vegetables Medley Whole Grain Bread Pears Milk			6- Beef Patty in Teriyaki Mixed Vegetables White Rice Whole Grain Bread Applesauce Milk			7- Manicotti Alfredo Corn Carrots Whole Grain Bread Milk, Apple Cherry Juice			8- General Tso's Chicken Peas & Carrots Gingered Rice Whole Grain Bread Chocolate Chip Cookie Milk, Apple Juice			9- Stuffed Pasta in Broccoli Cheese Sauce Corn Whole Grain Bread Snickerdoodle Cookie Milk, Blended Juice			10- Chicken w/ Italian Sauce Green Beans Diced Potatoes Whole Grain Bread Mixed Fruit Cup Milk		
668kcal	93g carb	23g fat	678kcal	95g carb	21g fat	723kcal	114g carb	18g fat	669kcal	99g carb	22g fat	777kcal	126g carb	18g fat	738kcal	127g carb	19g fat	684kcal	93g carb	23g fat
30g pro	9g fiber	746mg	36g pro	12g fiber	438mg	34g pro	9g fiber	899mg	31g pro	10g fiber	842mg	46g pro	11g fiber	642mg	29g pro	11g fiber	842mg	27g pro	12g fiber	541mg
11- Chicken w/ Picadillo Sauce Green Peas Sweet Potatoes Whole Grain Bread Milk			12- Honey Orange Glazed Fish Broccoli Garlic Mashed Potatoes Whole Grain Bread Milk, Blended Juice			13- Chicken & Stuffed Pasta Pot Pie Mixed Vegetables Strawberry Apple Crisp Whole Grain Bread Sandwich Cookies Milk, Apple Cherry Juice			14- Pork Riblet in BBQ Sauce Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread Milk, Pineapple Juice			15- Mexican Bean Burrito Carrots Corn Chocolate Chip Cookie Milk, Blended Juice			16- Meatballs w/ Orange Sauce Green Beans White Rice Whole Grain Bread Cherry Cookie Milk, Apple Juice			17- Egg w/ Sausage Country Pepper Gravy Cinnamon Apples Breakfast Potatoes Whole Grain Bread Milk, Blended Juice		
743kcal	122g carb	23g fat	688kcal	106g carb	20g fat	736kcal	127g carb	17g fat	716kcal	114g carb	21g fat	840kcal	145g carb	20g fat	813kcal	123g carb	24g fat	722kcal	111g carb	22g fat
35g pro	11g fiber	531mg	30g pro	14g fiber	538mg	33g pro	12g fiber	819mg	32g pro	10g fiber	811mg	28g pro	20g fiber	812mg	35g pro	13g fiber	729mg	29g pro	13g fiber	718mg
18- Meatloaf Stewed Tomatoes Cheesy Mashed Potatoes Whole Grain Bread Graham Crackers Milk, Apple Cherry Juice			19- Batter- Dipped Fish Nuggets w/ Tartar Sauce Carrots Parslied Mashed Potatoes Whole Grain Bread Milk, Blended Juice			20- Beef Patty in Brown Gravy Mixed Vegetables Brown Rice Whole Grain Bread Citrus Fruit Cup Milk			21- Honey Mustard Chicken Breast Carrots Diced Potatoes Whole Grain Bread Sandwich Cookies Milk, Pineapple Juice			22- Three Cheese Macaroni & Cheese Green Beans Carrots Whole Grain Bread Mixed Fruit Cup Milk			23- Chicken Fajita Butternut Squash Black Beans Whole Grain Bread Lemon Cookie Milk			24- Hamburger Patty w/ White Bun Carrots Diced Potatoes Applesauce Milk, Blended Juice		
718kcal	106g carb	23g fat	745kcal	99g carb	28g fat	686kcal	110g carb	19g fat	718kcal	114g carb	24g fat	673kcal	101g carb	16g fat	702kcal	86g carb	16g fat	765kcal	99g carb	27g fat
35g pro	9g fiber	960mg	28g pro	15g fiber	515mg	33g pro	11g fiber	777mg	30g pro	9g fiber	874mg	30g pro	12g fiber	605mg	52g pro	17g fiber	575mg	28g pro	11g fiber	675mg
25- Three Bean Chili con Carne Carrot Squash Medley Whole Grain Bread Mixed Fruit Milk			26- Twisted Mac & Cheese Mixed Vegetables Whole Grain Bread Chocolate Chip Cookie Milk, Apple Juice			27- Meatballs & Pasta Marinara Green Beans Whole Grain Bread Milk, Apple Cherry Juice			28- Southern Fish Nuggets w/ Tartar Sauce Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread Applesauce, Milk			29- Homemade Chicken Stew Peas & Carrots Strawberry Apple Crisp Whole Grain Bread Milk			30- Manicotti w/ Tomato Sauce Mixed Vegetables Whole Grain Bread Sandwich Cookies Milk, Pineapple Juice			31- Pork Chop Patty in Homestyle Gravy Brussels Sprouts Parslied Mashed Potatoes Whole Grain Bread Applesauce, Milk		
668kcal	79g carb	25g fat	728kcal	130g carb	18g fat	757kcal	123g carb	21g fat	772kcal	108g carb	24g fat	880kcal	143g carb	21g fat	710kcal	107g carb	18g fat	691kcal	92g carb	27g fat
36g pro	15g fiber	441mg	30g pro	13g fiber	924mg	40g pro	15g fiber	612mg	31g pro	16g fiber	532mg	60g pro	17g fiber	679mg	29g pro	9g fiber	715mg	34g pro	9g fiber	802mg

*Taste of the Globe, Texas Blue Plate, Diner's Delight, Homestyle Comfort

Teller September 2024 Frozen Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
1- Beef Patty w/ Mushroom Gravy Brussels Sprouts Garlic Mashed Potatoes Whole Grain Bread Snickerdoodle Cookie Milk, Apple Cherry Juice			2- Eggs in Garden Sauce Diced Potatoes w/ Onion Cranberry Apples Whole Grain Bread Milk, Blended Juice			3- Pork Sofrito Stewed Tomatoes Sweet Potatoes Whole Grain Bread Citrus Fruit Cup Milk			4- Breaded Chicken w/ Country Pepper Gravy Mixed Veg & Squash Medley Brussels Sprouts Whole Grain Bread Applesauce, Milk			5- Grilled Veal Chop in Mustard Sage Sauce Carrots Diced Potatoes Whole Grain Bread Applesauce, Milk			6- Honey Orange Glazed Fish Broccoli Garlic Mashed Potatoes Whole Grain Bread Milk, Blended Juice			7- Chicken w/ Picadillo Sauce Green Peas Sweet Potatoes Whole Grain Bread Milk, Apple Cherry Juice		
737kcal	113g carb	24g fat	754kcal	123g carb	22g fat	680kcal	108g carb	22g fat	670kcal	84g carb	22g fat	676kcal	98g carb	22g fat	688kcal	106g carb	20g fat	713kcal	121g carb	23g fat
36g pro	12g fiber	908mg	27g pro	18g fiber	626mg	34g pro	10g fiber	635mg	31g pro	10g fiber	584mg	30g pro	11g fiber	855mg	30g pro	14g fiber	538mg	34g pro	11g fiber	531mg
8- Hamburger Patty w/ White Bun Carrots Diced Potatoes Applesauce Milk, Blended Juice			9- Chicken Marsala Green Beans Butternut Squash Whole Grain Bread Lemon Cookie Milk, Apple Juice			10- Meatballs & Stuffed Pasta in Italian Sauce Italian Vegetable Medley Whole Grain Bread Milk, Apple Cherry Juice			11- Plant-Based Chick'n Nuggets Mixed Veg & Squash Med Rice Pllaf w/ Tomatoes Sandwich Cookie Whole Grain Bread Milk, Blended Juice			12- Meatballs w/ Orange Sauce Green Beans White Rice Whole Grain Bread Mixed Fruit Cup Milk			13- Three Bean Chili con Carne Carrot Squash Medley Whole Grain Bread Sugar Cookie Milk, Blended Juice			14- Sweet & Sour Pork Corn Brown Fried Rice Whole Grain Bread Milk, Apple Juice		
765kcal	99g carb	27g fat	712kcal	91g carb	20g fat	731kcal	106g carb	21g fat	749kcal	118g carb	19g fat	683kcal	94g carb	19g fat	783kcal	107g carb	30g fat	732kcal	118g carb	21g fat
28g pro	11g fiber	675mg	34g pro	11g fiber	918mg	35g pro	12g fiber	845mg	32g pro	9g fiber	695mg	32g pro	12g fiber	619mg	38g pro	16g fiber	561mg	34g pro	10g fiber	811mg
15- Chicken in Thai Ginger Red Curry Green Beans Carrots Whole Grain Bread Sandwich Cookies Milk & Blended Juice			16- Pasta Bolognese Italian Vegetables Medley Whole Grain Bread Pears Milk			17- Beef Patty in Teriyaki Mixed Vegetables White Rice Whole Grain Bread Applesauce Milk			18- Manicotti Alfredo Corn Carrots Whole Grain Bread Milk, Apple Cherry Juice			19- General Tso's Chicken Peas & Carrots Gingered Rice Whole Grain Bread Chocolate Chip Cookie Milk, Apple Juice			20- Stuffed Pasta in Broccoli Cheese Sauce Corn Whole Grain Bread Snickerdoodle Cookie Milk, Blended Juice			21- Chicken w/ Italian Sauce Green Beans Diced Potatoes Whole Grain Bread Mixed Fruit Cup Milk		
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22- Chicken w/ Picadillo Sauce Green Peas Sweet Potatoes Whole Grain Bread Milk			23- Honey Orange Glazed Fish Broccoli Garlic Mashed Potatoes Whole Grain Bread Milk, Blended Juice			24- Chicken & Stuffed Pasta Pot Pie Mixed Vegetables Strawberry Apple Crisp Whole Grain Bread Sandwich Cookies Milk, Apple Cherry Juice			25- Pork Riblet in BBQ Sauce Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread Milk, Pineapple Juice			26- Mexican Bean Burrito Carrots Corn Chocolate Chip Cookie Milk, Blended Juice			27- Meatballs w/ Orange Sauce Green Beans White Rice Whole Grain Bread Cherry Cookie Milk, Apple Juice			28- Egg w/ Sausage Country Pepper Gravy Cinnamon Apples Breakfast Potatoes Whole Grain Bread Milk, Blended Juice		
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35g pro	11g fiber	531mg	30g pro	14g fiber	538mg	33g pro	12g fiber	819mg	32g pro	10g fiber	811mg	28g pro	20g fiber	812mg	35g pro	13g fiber	729mg	29g pro	13g fiber	718mg

*Family Kitchen Treasures, Flavor Fusions, Taste of the Globe, Texas Blue Plate

Teller October 2024 Frozen Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
29- Meatloaf Stewed Tomatoes Cheesy Mashed Potatoes Whole Grain Bread Graham Crackers Milk, Apple Cherry Juice			30- Batter- Dipped Fish Nuggets w/ Tartar Sauce Carrots Parslied Mashed Potatoes Whole Grain Bread Milk, Blended Juice			1- Beef Patty in Brown Gravy Mixed Vegetables Brown Rice Whole Grain Bread Citrus Fruit Cup Milk			2- Honey Mustard Chicken Breast Carrots Diced Potatoes Whole Grain Bread Sandwich Cookies Milk, Pineapple Juice			3- Three Cheese Macaroni & Cheese Green Beans Carrots Whole Grain Bread Mixed Fruit Cup Milk			4- Chicken Fajita Butternut Squash Black Beans Whole Grain Bread Lemon Cookie Milk			5- Hamburger Patty w/ White Bun Carrots Diced Potatoes Applesauce Milk, Blended Juice		
718kcal	106g carb	23g fat	745kcal	99g carb	28g fat	686kcal	110g carb	19g fat	718kcal	114g carb	24g fat	673kcal	101g carb	16g fat	702kcal	86g carb	16g fat	765kcal	99g carb	27g fat
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6- Three Bean Chili con Carne Carrot Squash Medley Whole Grain Bread Mixed Fruit Milk			7- Twisted Mac & Cheese Mixed Vegetables Whole Grain Bread Chocolate Chip Cookie Milk, Apple Juice			8- Meatballs & Pasta Marinara Green Beans Whole Grain Bread Milk, Apple Cherry Juice			9- Southern Fish Nuggets w/ Tartar Sauce Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread Applesauce, Milk			10- Homemade Chicken Stew Peas & Carrots Strawberry Apple Crisp Whole Grain Bread Milk			11- Manicotti w/ Tomato Sauce Mixed Vegetables Whole Grain Bread Sandwich Cookies Milk, Pineapple Juice			12- Pork Chop Patty in Homestyle Gravy Brussels Sprouts Parslied Mashed Potatoes Whole Grain Bread Applesauce, Milk		
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