



Option 1

TMS002259

- Beef Meatloaf with Gravy** with mashed sweet potatoes, peas and carrots, fruit juice, whole wheat bread, and margarine x 2.
- Baked Ziti with Marinara Sauce** with zucchini, carrots, orange juice, whole wheat bread, and margarine.
- Teriyaki Chicken** with vegetable fried rice, mixed vegetables, fruit juice, whole wheat bread, and margarine.
- Mushroom and Onion Omelet** with parsley roasted potatoes, green beans, corn, fruit juice, and whole wheat bread.
- Pineapple Glazed Fish** with yellow rice, peas, orange juice, whole wheat bread x 2 and margarine x 2.

Cheese Stuffed Shells with Marinara Sauce with carrots, fruit juice, whole wheat bread, and margarine.

Chicken Cutlet with quinoa, mixed vegetables, orange juice, whole wheat bread x 2, and margarine x 2.

- Available in **5-day** meal plan.

Based on product availability, substitutions may be made. All meals are served with dry milk.

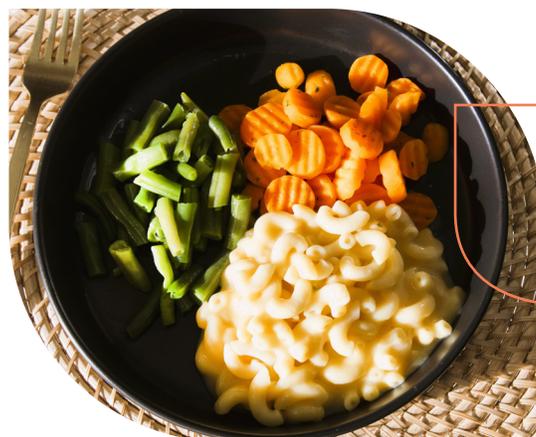
Option 2

TMS002260

- Honey Mustard Chicken** with brown rice, mixed vegetables, orange juice, whole wheat bread, and margarine x 2.
- Breaded Fish** with yellow rice and red beans, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine x 2.
- Sweet and Sour Beef Meatballs** with mashed potatoes, green peas and cabbage, fruit juice, whole wheat bread x 2, and margarine x 2.
- Eggplant Parmesan** with spaghetti and garlic sauce, zucchini, yellow squash, fruit juice, whole wheat bread, and margarine.
- Beef Stuffed Cabbage** with Kasha & Bowtie, corn, fruit juice, whole wheat bread, and margarine x 2.

Fish Almondine with diced potatoes, peas, uji, whole wheat bread x 2, and margarine.

Ratatouille Omelet with parsley roasted potatoes, green beans, orange juice, whole wheat bread x 2, and margarine.





Option 3

TMS002261

- Chicken Cutlet** with spaghetti and garlic sauce, carrots, fruit juice, whole wheat bread x 2, and margarine.
- Beef Picadillo** with white rice, green beans and carrots, fruit juice, whole wheat bread x 2, and margarine.
- Spanish Omelet** with black beans and rice, corn, fruit juice, whole wheat bread x 2, and margarine.
- Lemon Rosemary Chicken** with couscous, green peas, fruit juice, whole wheat bread x 2, and margarine.
- Cheese Lasagna** with marinara sauce, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine x 2.

Beef Meatballs with Mushroom Gravy with brown rice, zucchini and yellow squash, orange juice, whole wheat bread, and margarine x 2.

Citrus Herb Fish with creamy mashed potatoes, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine x 2.

- Available in **5-day** meal plan.

Based on product availability, substitutions may be made. All meals are served with dry milk.

Option 4

TMS002262

- Beef Stuffed Pepper** with roasted garlic red potatoes, corn, fruit juice, whole wheat bread, and margarine x 2.
- BBQ Chicken Quarter** with parsley roasted potatoes, mixed vegetables, fruit juice, whole wheat bread, and margarine x 2.
- Chickpea Stew** with herb roasted potatoes, green beans and carrots, orange juice, whole wheat bread x 2, and margarine x 2.
- Meatballs with Marinara Sauce** with spaghetti, green peas, fruit juice, whole wheat bread, and margarine.
- Breaded Fish** with yellow rice and red beans, steamed cabbage with corn, fruit juice, whole wheat bread x 2, and margarine x 2.

Eggplant Parmesan with spaghetti and garlic sauce, peas and carrots, fruit juice, whole wheat bread, and margarine x 2.

Honey Mustard Chicken with creamy mashed potatoes, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine.





Asian Fusion Cafe

TMS700162

Pork Chop in Sweet & Sour Sauce with fried rice and parslid corn.

Pork Bulgogi over brown rice with broccoli and cranberry pineapples.

Chicken in Thai Ginger Red Curry Sauce with green beans and carrots.

Fish in Sweet and Sour Sauce with gingered brown rice and edamame.

Beef Patty in Teriyaki Sauce with white rice and mixed vegetables.

General Tso's Chicken with gingered rice and peas & carrots.

Meatballs in Orange Sauce with white rice and green beans.

Latin Kitchen Favorites

TMS700159

Mexican Bean Burrito with Southwest Sauce with Papas con Chile, and green bean & red pepper mix.

Mexican Bean Burrito in Queso with corn and carrots.

NY Strip in Picadillo Sauce with confetti corn and green beans.

Chicken Taco Bowl with stewed tomatoes and corn.

Rancheros Cheese Omelet with chicken chorizo, diced breakfast potatoes with onion, and cranberry pears.

Twisted Mac & Cheese with mixed vegetables.

Pork Chop Patty in Sofrito Sauce with cilantro stewed tomatoes and sweet potatoes.

Available in **5-day** meal plan.



Pantry Meals offer a nutritious, shelf-stable meal in minutes with minimal preparation. Prepackaged in easy-to-open containers, these meals are convenient to have on hand as no refrigeration is required. Meals feature brands such as Nature Valley®, Kraft® and Keebler®.

Option 1

SS700011

- Potatoes, Ham & Cheese Meal** with fruit juice, fruit cup, raisins, and sunflower seeds.
- Chicken Stew** with fruit juice, fruit cup, peanuts, and a cookie.
- Lasagna** with fruit juice, fruit cup, peanuts, and oatmeal.
- Chili Mac** with fruit juice, fruit cup and energy trail mix.
- Chicken Salad** with juice, mayonnaise, flour tortillas, fruit snacks, and graham crackers.
- Breakfast Meal** with fruit juice, granola bars, and sunflower seeds.
- BBQ Beef Meal** with fruit juice, fruit cup, energy trail mix, and oatmeal.

- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Option 2

SS700010

- Lasagna** with fruit juice, fruit cup, peanuts, and oatmeal.
- Tuna Salad** with lite mayonnaise, flour tortillas, fruit snacks, and energy trail mix.
- Chili Beef with Beans** with fruit juice, applesauce, peanuts, and a cookie.
- Breakfast Meal** with fruit juice, Mini Wheats Cereal, granola bars, and sunflower seeds.
- Chicken Stew** with fruit juice, fruit cup, peanuts, and a cookie.
- Chili Mac** with fruit juice, fruit cup, and energy trail mix.
- Chicken and Pasta** with fruit juice, fruit snacks, fruit cup, and sunflower seeds.



Pantry Meals offer a nutritious, shelf-stable breakfast meal in minutes with minimal preparation.

Breakfast

SS700009

- Toasted Oats Cereal** with fruit cup, instant breakfast, peanuts, and Nutri-Grain bar.
- Mini Wheats Cereal** with applesauce, peanuts, instant breakfast, and Nutri-Grain bar.
- All Bran Wheat Flakes Cereal** with fruit juice, oatmeal, instant breakfast, and peanut butter.
- Corn Flakes Cereal** with fruit juice, oatmeal x 2, and sunflower seeds.
- Mini Wheats Cereal** with fruit juice, oatmeal, and sunflower seeds.

Instant Oatmeal with fruit juice, peanut butter, and granola bar.

Raisin Bran Cereal with fruit juice, sunflower seeds, instant grits, and instant breakfast.

- Available in **5-day** meal plan - S500012

All meals served with Ultra High Temperature Milk

Based on product availability, substitutions may be made.



Option 1

SS700007

Chicken Stew with fruit juice, applesauce, peanuts, and Nutri-Grain bar.

Chicken Salad with fruit cup, mayonnaise, flour tortilla x 2, graham crackers, and a cookie.

BBQ Beef with fruit juice, fruit cup, trail mix, and Nutri-Grain bar.

Breakfast with fruit juice, peanut butter, Mini Wheats Cereal, raisins, and oatmeal.

Chili Mac with fruit juice, trail mix, and fruit cup.

Chicken & Pasta with fruit juice, peanuts, Nutri-Grain bar, and fruit cup.

Beef Stew Meal with fruit juice, peanuts, and a cookie.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS700008

Tuna Salad with mayonnaise, flour tortillas x 2, fruit juice, mango pineapple mix, cookie, and fruit cup.

Breakfast Meal with fruit juice, peanut butter, Mini Wheats Cereal, raisins, and oatmeal.

Chicken & Pasta with fruit juice, peanuts, Nutri-Grain bar and fruit cup.

Lasagna with mango pineapple mix, graham crackers, applesauce and a cookie.

Chicken Salad with fruit cup, mayonnaise, flour tortilla x 2, graham crackers x 2, and a cookie.

Chili Mac with fruit juice, trail mix, and applesauce.

Pork & Beans with fruit juice, trail mix, and Nature Valley granola bar.

All meals served with nonfat fortified dry milk.



Option 1

SS500010

BBQ Beef with fruit juice, fruit cup, trail mix, and Nutri-Grain bar.

Chicken Salad with fruit cup, mayonnaise, flour tortilla x 2, graham crackers x 2, and a cookie.

Breakfast with fruit juice, peanut butter, Mini Wheats Cereal, raisins, and oatmeal.

Pork & Beans Meal with fruit juice, trail mix, and Nature Valley granola bar.

Chili Mac with fruit juice, trail mix, and applesauce.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS500011

Breakfast with fruit juice, peanut butter, Mini Wheats Cereal, raisins, and oatmeal.

Lasagna with mango pineapple mix, applesauce, graham crackers x 2, and a cookie.

Tuna Salad with mayonnaise, flour tortillas x 2, cookie, mango pineapple mix, and fruit cup.

Chicken & Pasta Meal with fruit juice, mixed fruit cup, Nutri-Grain bar, and peanuts.

Chili Mac with fruit juice, trail mix, and fruit applesauce.

All meals served with nonfat fortified dry milk.