



## 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
- Pork Riblet in BBQ Sauce** with mixed vegetables and mashed potatoes.

**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.
- Breaded Fish** with yellow rice and red beans, mixed vegetables, fruit juice, whole wheat bread, and margarine x 2.
- Sweet and Sour Beef Meatballs** with mashed potatoes, green peas and cabbage, fruit juice, whole wheat bread, and margarine x 2.
- Eggplant Parmesan** with spaghetti and garlic sauce, zucchini, yellow squash, fruit juice, whole wheat bread, and margarine.
- Hamburger Patty** with hamburger bun, carrots, and diced potatoes.

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

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

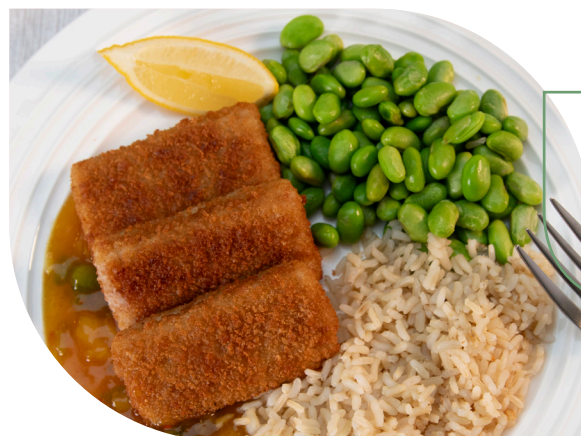
## Option 4

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, 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

TMS002149

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

**Pork Rib Patty in Korean BBQ Sauce** with broccoli and pineapple Mandarin coconut fruit.

**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

TMS002248

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

**Chicken Fajita** with butternut squash and black beans.

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

**Twisted Mac & Cheese with Vegan Chorizo** with mixed vegetables.

**Chicken Patty in Picadillo Sauce** with green peas and sweet potatoes.

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

**Mexican Bean Burrito in Queso** with corn and carrots.

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

SS001067

**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, jelly, granola bars, and sunflower seeds.

**BBQ Beef Meal** with fruit juice, fruit cup, energy trail mix, and oatmeal.

## Option 2

SS001066

**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, raisins, and a cookie.

**Breakfast Meal** with fruit juice, Mini Wheats Cereal, jelly, 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.

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

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

Based on product availability, substitutions may be made.



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

## Breakfast

SS001038

- Mini Wheats Cereal** with applesauce, fruit juice, instant oatmeal, and peanut butter.
  - Raisin Bran Cereal** with fruit juice, fruit cup, peanut butter, and instant breakfast.
  - Instant Oatmeal** with fruit juice, fruit cup, peanut butter, and granola bar.
  - Cranberry Vanilla Granola** with fruit juice, fruit cup, peanut butter, instant breakfast, and Nutri-Grain bar.
  - Instant Oatmeal** with fruit juice, applesauce, peanut butter, and cranberry vanilla granola.
  - Toasted Oats Cereal** with fruit juice, fruit cup, instant breakfast, peanut butter, and granola bar.
  - All Bran Wheat Flakes**, fruit juice, fruit cup, instant oatmeal, graham crackers, and peanut butter.
- Available in **5-day** meal plan - S1001037

*All meals served with Ultra High Temperature Milk*

Based on product availability, substitutions may be made.



## Option 1

SS001033

**Chicken Stew** with fruit juice, applesauce, peanuts, and Kashi bar.

**Chicken Salad** with fruit juice, mayonnaise, whole wheat tortilla (x2), and fruit snacks (x2).

**BBQ Beef** with fruit juice, wheat crackers (x2), fruit cup, trail mix, and oatmeal.

**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, applesauce (x2), and fruit snacks.

**Beef Stew Meal** with fruit juice, trail mix, and fruit snacks.

*All meals served with nonfat fortified dry milk.*

Based on product availability, substitutions may be made.

## Option 2

SS001034

**Tuna Salad** with mayonnaise, whole wheat tortillas (x2), trail mix, and fruit snacks.

**Breakfast Meal** with fruit juice, peanut butter, mini wheats cereal, raisins, and oatmeal.

**Chicken & Pasta** with fruit juice, peanuts, applesauce (x2), and fruit snacks.

**Lasagna** with fruit juice, trail mix, and fruit snacks.

**Chicken Salad** with fruit juice, mayonnaise, whole wheat tortilla (x2), and fruit snacks (x2).

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

**Beef Stew** with fruit juice, trail mix, and fruit snacks.

*All meals served with nonfat fortified dry milk.*



## Option 1

SS001035

**BBQ Beef** with fruit juice, wheat crackers (x2), fruit cup, trail mix, and oatmeal.

**Chicken Salad** with fruit juice, mayonnaise, whole wheat tortilla (x2), and fruit snacks (x2).

**Breakfast** with fruit juice, peanut butter, mini wheats cereal, raisins, and oatmeal.

**Beef Stew** with fruit juice, energy trail mix, and fruit snacks.

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

*All meals served with nonfat fortified dry milk.*

Based on product availability, substitutions may be made.

## Option 2

SS001036

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

**Lasagna** with fruit juice, trail mix, and fruit snacks.

**Tuna Salad** with mayonnaise, whole wheat tortillas x2, trail mix, and fruit snacks.

**Chicken Stew** with fruit juice, applesauce, Kashi bar, and peanuts.

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

*All meals served with nonfat fortified dry milk.*



**SS001040– Chicken Stew Meal**

Orange Tangerine Juice 8 oz.  
SunMeadow Chicken Stew 7.5 oz.  
Applesauce 4.5 oz.  
Kashi Bar x 1  
Peanuts 1 oz.  
Non-Fat Dry Milk 1 pkt.

**SS001041 - Chicken & Pasta Meal**

Orange Tangerine Juice 8 oz.  
SunMeadow Chicken and Pasta 7.5 oz.\* Peanuts 1 oz.  
Fruit Snacks x 1  
Applesauce 4.5 oz. x 2  
Non-Fat Dry Milk 1 pkt.

**SS001042- Chili Mac Meal**

Orange Tangerine Juice 8 oz.  
SunMeadow Chili Mac 7.5 oz.  
Energy Trail Mix 2 oz.  
Tropical Fruit Cup 4 oz.  
Non-Fat Dry Milk 1 pkt

**SS001043 – BBQ Beef Meal**

Orange Tangerine Juice 8 oz.  
BBQ Beef Pouch 4.5 oz.  
Wheat Crackers (2 ct.) x 2  
Mixed Fruit 4 oz.  
Energy Trail Mix 2 oz.  
Oatmeal 1 pk.  
Non-Fat Dry Milk 1 pkt.

**SS001044 - Beef Stew Meal**

Orange Tangerine Juice 8 oz.  
SunMeadow Beef Stew 7.5 oz.  
Fruit Snacks 1 pk.  
Energy Trail Mix 2 oz.  
Non-Fat Dry Milk 1 pkt.

*Based on product availability, substitutions may be made.*

\* Contains enriched white pasta

\*\*Contains white pasta

**SS001045- Lasagna Meal**

Orange Tangerine Juice 8 oz.  
Lasagna 7.5 oz.\*\*  
Fruit Snacks 1 pk.  
Mango Pineapple Mix 1.5 oz.  
Non-Fat Dry Milk 1 pkt.

**SS001046 - Chicken Salad Meal**

Orange Tangerine Juice 8 oz.  
Chicken Pouch 2.6 oz. Mayonnaise 1 pkt.  
Whole Wheat Tortilla (2 ct.)  
Fruit Snacks 2 pk.  
Non-Fat Dry Milk 1 pkt.

**SS001047 - Breakfast Meal**

Orange Tangerine Juice 8 oz.  
Peanut Butter 1 oz.  
Mini Wheats Cereal x 1  
Raisins 1 oz.  
Oatmeal 1 pk.  
Non-Fat Dry Milk 1 pkt.

**SS002048 – Tuna Salad Meal**

Tuna Pouch 2.6 oz.  
Mayonnaise 1 pkt.  
Whole Wheat Tortillas (2 ct.)  
Fruit Snacks 1 pk.  
Mango Pineapple Mix 1.5 oz.  
Non-Fat Dry Milk 1 pkt.