



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 x2 and margarine.

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.

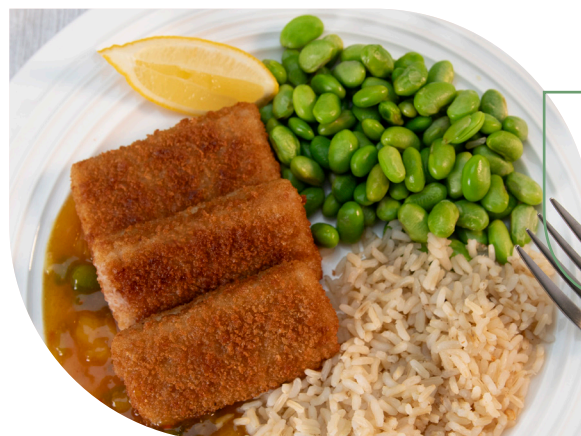
Option 4

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 tortilla (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 tortilla 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.