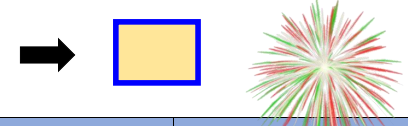


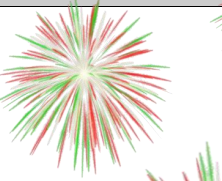
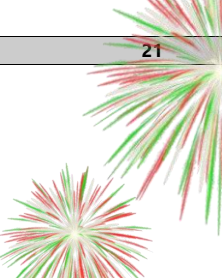
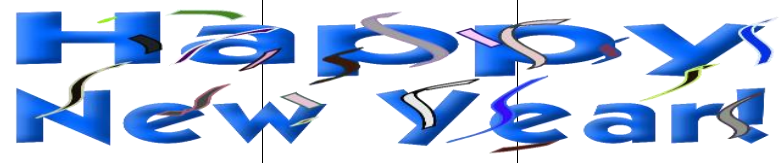
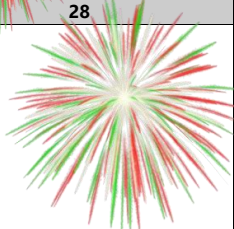




JANUARY 2024 - LATIN FROZEN MENU

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU
 MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	Rasta Pasta Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Stew Polenta Baby Carrots and Parsley Steamed Green Beans <i>Fruit or Juice</i>	Jerk Chicken Leg Quarter Lentils with Spiced Brown Rice and Caramelized Onions Steamed Cauliflower <i>Fruit or Juice</i>	Breaded Fish Fillet Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	Stewed Chicken Breast Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>
7	8	9	10	11	12	13
	Chana Masala Brown Rice with Mushrooms Italian Blend Vegetables <i>Fruit or Juice</i>	Chicken Kofta Beets and Baby Carrots with Dill Yuca with Onions <i>Fruit or Juice</i>	Stewed Oxtails with Lima Beans Cooked Cabbage with Shredded Carrots Yellow Plantains <i>Fruit or Juice</i>	Stewed Chicken Breast Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	Baked Breaded Fish California Blend Vegetables <i>Fruit or Juice</i>	Whole Wheat Mac and Cheese with Butternut Squash Broccoli and Red Peppers Capri Blend Vegetables <i>Fruit or Juice</i>
14	15	16	17	18	19	20
	Arroz con Pollo Chicken Breast and Rice Italian Blend Vegetables Roasted Zucchini <i>Fruit or Juice</i>	Beef Picadillo Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>	Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Adobo Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	Baked Breaded Fish Broccoli and Red Peppers Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Steamed Broccoli <i>Fruit or Juice</i>
21	22	23	24	25	26	27
	Carrot, Cauliflower, and Chickpea Stew Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	BBQ Pulled Pork Sweet Baked Yams Capri Blend Vegetables <i>Fruit or Juice</i>	Ropa Vieja Polenta Kale with Tomato <i>Fruit or Juice</i>	Baked Salmon w/ Creole Sauce Normandy Blend <i>Fruit or Juice</i>	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Italian Blend Vegetables <i>Fruit or Juice</i>
28	29	30	31			
	Baked Pork Chops Brown Gravy Yuca with Onions Baby Carrots with Parsley <i>Fruit or Juice</i>	Lentil Chili Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables <i>Fruit or Juice</i>			