



# JANUARY 2024 - FROZEN STANDARD 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
	<b>Beef Meatballs in Tomato Sauce</b> Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	<b>Grilled Chicken Breast w/ Mushroom Gravy</b> Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	<b>Spiced Lentil and Sweet Potato Stew</b> Pearled Barley Beets and Baby Carrots with Dill Fruit or Juice	<b>Chicken Scallopini</b> Broccoli and Red Peppers Sweet Baked Yams <i>Fruit or Juice</i>	<b>Teriyaki Glazed Fish</b> Vegetable Mix Yellow Plantains <i>Fruit or Juice</i>	<b>Amazing Vegan Whole Grain Mac and Cheese</b> Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
7	8	9	10	11	12	13
	<b>Stuffed Shells w/ Tomato Sauce</b> Baby Carrots with Parsley <i>Fruit or Juice</i>	<b>Honey Mustard Chicken Drumstick</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	<b>Lentil Chili</b> Toasted Barley with Mushrooms California Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Fricassee</b> Yellow Rice Normandy Blend <i>Fruit or Juice</i>	<b>Homemade Coconut Breaded Fish</b> Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	<b>Baked Ziti with Cheese</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
14	15	16	17	18	19	20
	<b>BBQ Chicken Breasts</b> Cuban Black Beans and Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> California Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i>	<b>Quick Coconut Curry with Chickpeas and Spinach</b> Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	<b>Sweet and Sour Pork Chop</b> Garlic and Rosemary Roasted Potatoes Collard Greens with Tomato <i>Fruit or Juice</i>	<b>Baked Fish with Rustic Tomato Sauce</b> Cous Cous California Blend Vegetables <i>Fruit or Juice</i>	<b>Cheese Lasagna Rollups w/ Tomato Sauce</b> Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>
21	22	23	24	25	26	27
	<b>Coconut Curried Chicken Breast with Vegetables</b> Rice and Beans Normandy Blend <i>Fruit or Juice</i>	<b>BBQ Pulled Pork</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	<b>Moroccan Eggplant, Chickpea, and Tomato Stew</b> Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Meatballs w/ Mushroom Gravy</b> Egg Noodles Steamed Carrots <i>Fruit or Juice</i>	<b>Baked Breaded Fish</b> Capri Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i>	<b>Chicken Stir Fry with Vegetables</b> Pearled Barley Vegetable Mix <i>Fruit or Juice</i>
28	29	30	31			
	<b>Cheese Lasagna Rollups w/ Tomato Sauce</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	<b>Vegetarian Three Bean Chili</b> Steamed Broccoli Steamed Cauliflower <i>Fruit or Juice</i>	<b>Beef Meatloaf w/ Mushroom Gravy</b> Smashed Red Potatoes California Blend Vegetables <i>Fruit or Juice</i>			

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).