







## JUNE 2024 - FROZEN STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1	2	3	4	5	6	7
<b>Cheese Lasagna Rollups</b> Italian Blend Vegetables <i>Fruit or Juice</i>	<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>Caribbean Curry with Chickpeas and Spinach</b> Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	<b>Sweet and Sour Pork Chop</b> Collard Greens with Tomato Garlic and Rosemary Roasted Potatoes <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>
8	9	10	11	12	13	14
15						

<p><b>Cauliflower Fried Rice with Tofu and Edamame</b> Beets and Baby Carrots with Dill <i>Fruit or Juice</i></p>	<p><b>Coconut Curried Chicken Breast with Vegetables</b> Rice and Beans Normandy Blend <i>Fruit or Juice</i></p>	<p><b>BBQ Pulled Pork</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i></p>	<p><b>Eggplant Chickpea Tagine</b> Brown Rice California Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Chicken Meatballs W/ Mushroom Gravy</b> Egg Noodles Steamed Carrots <i>Fruit or Juice</i></p>	<p><b>Baked Breaded Fish</b> Capri Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i></p>	<p><b>Chicken Stir Fry with Vegetables</b> Pearled Barley Vegetable Mix <i>Fruit or Juice</i></p>
14	17	18	19	20	21	22
<p><b>Beef Meatballs in Tomato Sauce</b> Cous Cous Steamed Green Beans <i>Fruit or Juice</i></p>	<p><b>Cheese Lasagna Rollups W/ Tomato Sauce</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i></p>	<p><b>Vegetarian Three Bean Chili</b> Steamed Broccoli Steamed Cauliflower <i>Fruit or Juice</i></p>	<p><b>Beef Meatloaf W/ Mushroom Gravy</b> California Blend Vegetables Smashed Red Potatoes <i>Fruit or Juice</i></p>	<p><b>Smokey Black Bean and Sweet Potato Chili</b> Winter Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Spanish Style Baked Fish</b> Cous Cous Vegetable Mix <i>Fruit or Juice</i></p>	<p><b>Mexican Style Chicken Thighs and Rice</b> Italian Blend Vegetables <i>Fruit or Juice</i></p>
23	24	25	26	27	28	29
<p><b>Alfredo Sauce Cheese Tortellini</b> Capri Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Classic Chicken Cacciatore</b> Ozo Prince Edward Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Comforting Red Lentil Bolognese</b> Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i></p>	<p><b>Chicken Kofta W/ Tomato Curry</b> Cous Cous Steamed Cauliflower <i>Fruit or Juice</i></p>	<p><b>Chili con Carne</b> Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i></p>	<p><b>Baked Fish Marsala with Mushrooms</b> Italian Blend Vegetables Yellow Plantains <i>Fruit or Juice</i></p>	<p><b>BBQ Pork Chops</b> Baked Sweet Potato Normandy Blend <i>Fruit or Juice</i></p>
30						

<p><b>Sweet and Sour Chicken Meatballs</b> Toasted Barley with Mushrooms Steamed Broccoli Fruit or Juice</p>						
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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).