



Two meal packs

12/2016

BREAKFAST CODE 6200	French Toast Sticks Turkey Sausage Patty Cinnamon peaches Milk Margarine Whole Wheat Bread Orange juice 6022	Cheesy Scrambled Eggs Turkey Sausage Grits Milk Margarine Whole Wheat bread Raisins Orange Juice 6019			
WEEK 1 CODE 4322	Charbroiled Beef patty Mashed potatoes Peas and carrots Black bean blend Milk Margarine Whole Wheat bread Orange juice 5049	Macaroni and Cheese Broccoli Black Bean Blend Milk Margarine Whole Wheat bread Raisins 5052			
WEEK 2 CODE 4323	Swedish Meatballs Broccoli Black bean blend Milk Margarine Whole Wheat bread Apple Juice Moon pie 5062	Chicken Cacciatore Brussel Sprouts Yellow Squash Milk Margarine Whole Wheat bread Raisins Orange juice 5060			
WEEK 3 CODE 4334	Sweet and Sour Chicken w Veggies Carrots Oriental snap peas Milk Margarine Whole Wheat bread Raisins Orange juice 5076	Salisbury Steak Red skin potato Pease and carrots Milk Margarine Whole wheat bread Squeezable Fruit Nutrigrain bar 5044			
WEEK4 CODE 4335	Spaghetti Meatballs Broccoli Black bean blend Milk Margarine Whole Wheat bread Animal crackers Orange juice 5043	Chicken Rice w Mushroom Sauce Broccoli Carrots Milk Margarine Raisins Apple Juice 5066			

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WEEK 5 CODE 4336</p>	<p>Country herb chicken Mashed potatoes Green beans Carrots Milk Margarine Whole wheat bread Raisins 5046</p>	<p>Linguine w Meat sauce Crinkle cut carrots Lima bean blend Milk Margarine Whole Wheat bread Orange juice Squeezable Fruit 5091</p>			
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WEEK 6 CODE 4337</p>	<p>Turkey Dressing gravy Corn Green beans Milk Margarine Whole Wheat bread Nutrigrain bar Orange juice 5053</p>	<p>Meatloaf Gravy Brussel Sprouts Corn Whole Wheat bread Milk Margarine Squeezable Fruit 5048</p>			
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">NOTES</p>			<p>Six Two meal packs per case.</p>		



FIVE DAY FROZEN MEAL PACKS

With breakfast meals

Current menu with compliments
to make 1/3 DRI

01/2017

WEEK 1 CODE 4324	Country herb chicken Mashed potatoes Green beans Carrots Milk Margarine Whole wheat bread Raisins 5046	Turkey Dressing gravy Corn Green beans Milk Margarine Whole Wheat bread Nutrigrain bar Orange juice 5053	Vegetable Stew Squash Green beans Milk Margarine Nutrigrain bar Orange Juice 5095	Homestyle lasagna Italian green beans Garbanzo bean blend Milk Margarine Whole wheat bread Animal cookies Orange juice 5098	Mesquite chicken bbq Carrots Green beans Milk Margarine Whole Wheat bread Apple juice Raisins 5041
WEEK 2 CODE 4325	Chicken Cacciatore Brussel Sprouts Yellow Squash Milk Margarine Whole Wheat bread Raisins Orange juice 5060	Chicken Ala King Cheesy Cauliflower Chickpeas Milk Margarine Whole wheat bread Raisins 5086	Charbroiled Beef patty Mashed potatoes Peas and carrots Black bean blend Milk Margarine Whole Wheat bread Orange juice 5049	Beef stew Peas Garbanzo spinach Milk Margarine Whole wheat bread Moon pie 5072	Chicken Rice w Mushroom Sauce Broccoli Carrots Milk Margarine Raisins Orange juice 5066
WEEK 3 CODE 4326	Vegetable Stew Squash Green beans Milk Margarine Nutrigrain bar Orange Juice 5095	Meatballs Mushroom Gravy Zucchini Mixed vegetables Milk Margarine Whole wheat bread Moon Pie 5094	Southern Style Fish Green peas California blend Milk Margarine Whole Wheat bread Squeezable Fruit 5099	Cheese Tortellini Brussel Sprouts Carrots Milk Margarine Whole wheat bread Nutrigrain Bar Orange Juice 5078	Sante Fe Chicken Lima Bean Blend Corn Milk Margarine Whole Wheat bread Orange Juice 5093
WEEK 4 CODE 4327	Meatloaf Gravy Brussel Sprouts Corn Whole Wheat bread Milk Margarine Squeezable Fruit 5048	Spaghetti Meatballs Broccoli Black bean blend Milk Margarine Whole Wheat bread Animal crackers Orange juice 5043	Breaded Baked Fish Brussel sprouts Yellow squash Milk Margarine Whole Wheat bread Nutri Grain Bar 5045	Chicken Teriyaki Oriental snap peas Yellow squash Milk Margarine Whole wheat bread Moon Pie Raisins 5054	Fettuccini Alfredo Brussel sprouts 4 veg blend Milk Margarine Whole Wheat bread Nutrigrain bar raisins 5065

WEEK 5 CODE 4328	Fiesta Chicken Black Beans & corn Yellow squash Milk Margarine Whole Wheat bread Moon Ple Orange juice 5077	Brunswick Stew Green beans Carrots Milk Margarine Whole wheat bread Animal cookies Orange juice 5090	Beef Patty gravy Black bean blend Peas and carrots Milk Margarine Whole Wheat bread Orange juice 5049	Chicken Ala King Cheesy Cauliflower Chickpeas Milk Margarine Whole wheat bread Raisins 5086	Turkey Tetrzzini Yellow squash Spinach & chickpeas Milk Margarine Whole wheat bread Orange juice 5068
WEEK 6 CODE 4338	Cheese ravioli Cauliflower Broccoli Milk Margarine Whole Wheat bread Orange juice Nutri grain bar 5079	Southern Style Fish Green peas California blend Milk Margarine Whole Wheat bread Squeezable Fruit 5099	Chicken Rice w Mushroom Sauce Broccoli Carrots Milk Margarine Raisins Orange juice 5066	Roasted Chicken Red skin Potato Snap peas and carrots Milk Margarine Whole Wheat bread Apple Juice Moon Pie 5040	Salisbury Steak Red skin potato Pease and carrots Milk Margarine Whole wheat bread Squeezable Fruit Nutrigrain bar 5044
BREAKFAST CODE 6102	Spanish Omelet Maple Oatmeal Cinnamon apples Milk Margarine Squeezable Fruit Orange juice 6020	Waffle Pork Sausage Sliced Apples Milk Margarine Whole Wheat bread Graham Crackers Orange juice 6018	Western Scramble Diced Cin Apples Seasoned potatoes Milk Margarine Whole Wheat bread Squeezable Fruit Orange juice 6021	Omelet Turkey Sausage Seasoned Potatoes Diced peaches Milk Margarine Whole Wheat bread Raisins Apple juice 6026	Buttermilk Pancakes Turkey Sausage Seasoned potatoes Cinnamon Apples Milk Margarine Raisins Apple juice 6025
BREAKFAST CODE 6101	Cheddar Cheese Omelet Turkey Sausage Seasoned Potatoes Diced Peaches Milk Margarine Whole Wheat Bread Apple Juice 6024	Western Scramble Diced Cin Apples Seasoned potatoes Milk Margarine Whole Wheat bread Raisins Orange juice 6021	Waffle Pork Sausage Sliced Apples Milk Margarine Whole Wheat bread Graham Crackers Apple juice 6018	Biscuits Gravy Potatoes O'Brien Milk Margarine Raisins Orange Juice 6027	French Toast Sticks Turkey Sausage Patty Cinnamon peaches Milk Margarine Whole Wheat Bread Orange juice 6022
NOTES					

12/28/16