

ADSS 5 Day FROZEN LUNCH

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WEEK 1	4 oz. Blended Juice 8 oz. <u>Chicken Stew</u> (Sweet Potatoes, Carrots) ½ c. Green Beans ½ c. Apple Raisin Fruit 1 sl. Whole Grain Bread Margarine Cup Graham Crackers (2ct) pkg 8 oz. 1% Low Fat Milk	4 oz. Apple Juice 3 oz. <u>Rib Shaped Beef Patty w/ Spanish Braised Sauce</u> ½ c. Stewed Tomatoes w/ Cilantro ½ c. Garden Peas 1 sl. Whole Grain Bread Margarine Cup ½ c. Vanilla Pudding 8 oz. 1% Low Fat Milk	4 oz. Grape Juice 8 oz. <u>Three Bean Beef Chili</u> ½ c. Tomatoes, Beans & Sauce ½ c. Squash Medley 1 sl. Whole Grain Bread Margarine Cup Oatmeal Raisin Cookie 8 oz. 1% Low Fat Milk	4 oz. Pineapple Juice 3 oz. <u>Pork Chop Patty Homestyle Gravy</u> ½ c. Sweet Potatoes ½ c. Brussels Sprouts 1 sl. Whole Grain Bread Margarine Cup ½ c. Mandarin Orange Cup 8 oz. 1% Low Fat Milk	4 oz. Orange Juice 3 oz. <u>Chicken Parmesan</u> ½ c. Rosemary Potatoes ½ c. Cheesy Spinach 1 sl. Whole Grain Bread Margarine Cup 1 Chocolate Moon Pie Mini 8 oz. 1% Low Fat Milk
WEEK 2	4 oz. Orange Juice 3 oz. <u>Chicken Marsala</u> ½ c. Potato Onion Soufflé ½ c. Spinach with Mushrooms 1 sl. Whole Grain Bread Margarine Cup Sugar Cookie 8 oz. 1% Low Fat Milk	4 oz. Blended Juice 3 oz. <u>Hamburger Patty</u> ½ c. Potato Wedges ½ c. Carrots 1 sl. Whole Grain Bun Margarine Cup Graham Crackers (2ct) pkg. 8 oz. 1% Low Fat Milk	4 oz. Orange Pineapple Juice 3oz. <u>Sesame Chicken</u> ½ c. Broccoli ½ c. Cauliflower w/ Red Pepper 1 sl. Whole Grain Bread Margarine Cup Oatmeal Raisin Cookie 8 oz. 1% Low Fat Milk	4 oz. Grape Juice 8 oz. <u>Twisted Mac and Cheese</u> w/ ½ c. Pinto Beans, Red/Green Pepper, Tomato ½ c. Carrots 1 sl. Whole Grain Bread Margarine Cup ½ c. Applesauce Cup 8 oz. 1% Low Fat Milk	4 oz. Pineapple Juice 3 oz. <u>NY Strip Patty with Spanish Sauce</u> ½ c. Diced Sweet Potatoes ½ c. Green Peas 1 sl. Whole Grain Bread Margarine Cup ½ c. Chocolate Pudding 8 oz. 1% Low Fat Milk
WEEK 3	4 oz. Blended Juice 8 oz. <u>Beef and Mushroom Penne</u> ½ c. Carrots ½ c. Spinach and Mushrooms 1 sl. Whole Grain Bread Margarine Cup ½ c. Vanilla Pudding 8 oz. 1% Low Fat Milk	4 oz. Apple Juice 3 oz. <u>Sliced Turkey</u> ½ c. Cornbread Dressing & Turkey Gravy ½ c. Butternut Squash ½ c. Flat Beans 1 sl. Whole Grain Bread Margarine Cup Blueberry Snackin Loaf 8 oz. 1% Low Fat Milk	4 oz. Grape Juice 8 oz. <u>Macaroni & Cheese</u> ½ c. Carrot Cuts ½ c. Green Peas 1 sl. Whole Grain Bread Margarine Cup ½ c. Strawberry Mango Frozen Fruit Smoothie 8 oz. 1% Low Fat Milk	4 oz. Pineapple Juice 8 oz. <u>Meatballs and Penne Pasta in Sauce</u> ½ c. Broccoli ½ c. Italian Vegetable Blend 1 sl. Whole Grain Bread Margarine Cup Chocolate Chip Cookie 8 oz. 1% Low Fat Milk	4 oz. Orange Juice 3 oz. <u>Char grilled Beef Patty w/ 4 oz. Pizzaioli Sauce</u> ½ c. Pineapple Mandarin Fruit ½ c. Green Beans 1 sl. Whole Grain Bread Margarine Cup Fig Bar 8 oz. 1% Low Fat Milk
WEEK 4	4 oz. Apple Juice 3 oz. <u>Sweet and Sour Chicken</u> ½ c. White Rice Asian Blend Vegetables, Pineapples, Cherries ½ c. Gingered Peas 1 sl. Whole Grain Bread Margarine Cup 1 Banana Mini Moon Pie 8 oz. 1% Low Fat Milk	4 oz. Orange Juice 3 oz. <u>Pork Riblet in BBQ Sauce</u> ½ c. Baked Beans ½ c. Whole Kernel Corn 1 sl. Whole Grain Bread Margarine Cup ½ c. Chocolate Pudding 8 oz. 1% Low Fat Milk	4 oz. Grape Juice 8 oz. <u>Macaroni and Beef Casserole</u> ½ c. Spinach ½ c. California Blend Vegetable 1 sl. Whole Grain Bread Margarine Cup Sugar Cookie 8 oz. 1% Low Fat Milk	4 oz. Blended Juice 3 oz. <u>Sliced Turkey Breast w/ Country Pepper Gravy</u> ½ c. Mashed Potatoes ½ c. Green Beans w/Almonds 1 sl. Whole Grain Bread Margarine Cup ½ c. Pineapple Cup Graham Crackers (2ct) pkg. 8 oz. 1% Low Fat Milk	4 oz. Orange Pineapple Juice 3 oz. <u>Manicotti Alfredo</u> ½ c. Green Peas ½ c. Italian Vegetable Blend 1 sl. Whole Grain Bread Margarine Cup Banana Snackin Loaf 8 oz. 1% Low Fat Milk
WEEK 5	4 oz. Orange Juice 8 oz. <u>Meatballs and Tomato Sauce over</u> ½ c. Rotini Noodles ½ c. Italian Flat Beans 1 sl. Whole Grain Bread Margarine Cup Graham Crackers (2ct) pkg. 8 oz. 1% Low Fat Milk	4 oz. Apple Juice 3 oz. <u>Baked Chicken Patty</u> ½ c. Yellow Rice w/ ½ c. Tomatoes, Beans, Onions, Peppers ½ c. Mexican Corn 1 sl. Whole Grain Bread Margarine Cup ½ c. Peach Cup 8 oz. 1% Low Fat Milk	4 oz. Grape Juice 8 oz. <u>Cavatappi Bolognese</u> (8 oz. Meat Sauce over ½ c. Cavatappi Pasta) ½ c. Italian Vegetables 1 sl. Whole Grain Bread Margarine Cup Apple Spice Cookie 8 oz. 1% Low Fat Milk	4 oz. Pineapple Juice 3 oz. <u>Meatloaf w/ Spanish Sauce</u> ½ c. Diced Potatoes ½ c. Butternut Squash 1 sl. Whole Grain Bread Margarine Cup Fig Bar 8 oz. 1% Low Fat Milk	4 oz. Blended Juice 8 oz. <u>Eggplant Parmesan</u> ½ c. Garbanzo Beans 1 sl. Whole Grain Bread Margarine Cup ½ c. Mandarin Orange Cup 1 pkt. Apple Cinnamon Graham 8 oz. 1% Low Fat Milk