

JANUARY 2026 FROZEN MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 Cheese Omelet Turkey Sausage Patty Hashbrown Stewed Tomatoes Bagel Orange Juice Milk Assorted Jelly	6 Orange Chicken Brown Rice Asian Blend Vegetables Dinner Roll Seasonal Fruit Milk Margarine	7 Swiss Steak Mashed Red Potatoes Diced Beets Wheat Bread Peaches Milk Margarine	8 Baked Chicken Breast Southwest Lime Sauce Fiesta Rice Mixed Beans Texas Bread Seasonal Fruit Milk	9 Meatballs w/ Tomato Basil Sauce Penne Pasta Green Beans Dinner Roll Mixed Fruit Milk Margarine	10 Baked Chicken Breast w/Lemon Sauce Whipped Potatoes Capri Vegetables Dinner Roll Orange Juice Milk	11 A-1 Chopped Steak Buttered Rice Spinach Texas Bread Mandarin Oranges Milk
12 Baked Chicken Breast w/ Cranberry Sauce Spiced Yams Green Beans Wheat Bread Very Berry Juice Milk Margarine	13 Pork Roast w/ Steakhouse Sauce Cheesy Rice Brussels Sprouts Dinner Roll Fruit Punch Juice Milk Margarine	14 Beef Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Ketchup	15 Meatloaf w/ Brown Gravy Whipped Potatoes Green Peas Dinner Roll Mixed Fruit Milk Margarine	16 Beef & Rice Casserole Glazed Carrots Winter Vegetables Texas Bread Seasonal Fruit Milk	17 Breaded Chicken Patty w/BBQ Sauce Crispy Cubed Potatoes Collard Greens Hamburger Bun Pineapple Tidbits Milk	18 Creole Beef Rotini Noodles Parslied Carrots Dinner Roll Tropical Fruit Cup Milk
19 Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Seasonal Fruit Milk Margarine	20 Turkey Breast w/ Poultry Gravy Rice Pilaf Lima Beans Texas Bread Grape Juice Milk Margarine	21 Parmesan Chicken Penne Pasta Mixed Vegetables Dinner Roll Mixed Fruit Milk Margarine	22 Beef Taco Meat Mixed Beans Mexican Corn Flour Tortilla Apple Juice Milk	23 BBQ Pulled Pork Crispy Cubed Potatoes Mixed Greens Hamburger Bun Seasonal Fruit Milk	24 Pizza Casserole Italian Vegetables Wheat Bread Hot Spiced Fruit Milk	25 Popcorn Chicken w/Sweet & Sour Sauce Rice Green Peas Wheat Bread Pineapple Tidbits Milk
26 Jamaican Chicken Spiced Rice Corn O'Brien Dinner Roll Fruit Punch Juice Milk Margarine	27 Sloppy Joe Potato Wedges Brussels Sprouts Hamburger Bun Pineapple Tidbits Milk	28 Turkey Supreme Confetti Rice Broccoli Dinner Roll Seasonal Fruit Milk Margarine	29 Ham & White Beans Garlic Whipped Potatoes Collard Greens Cornbread Mixed Fruit Milk	30 Salisbury Beef w/ Brown Gravy Bow Tie Pasta Green Peas Dinner Roll Seasonal Fruit Milk Margarine	31 Beef Patty Tater Tots Sliced Carrots Hamburger Bun Orange Juice Milk Ketchup	1 Bourbon-Style Chicken Macaroni & Cheese Green Beans Wheat Bread Tropical Fruit Cup Milk