

JULY 2026 FROZEN MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Honey Baked Chicken Sweet Potato Wedges Brussel Sprouts Dinner Roll Seasonal Fruit Milk	30 Sliced Ham Northern Beans Collard Greens Cornbread Orange Juice Milk	1 Pizza Casserole Green Peas w/Red Peppers Dinner Roll Warm Peaches Milk	2 Pork Carnitas Mixed Beans Corn Casserole Flour Tortilla Tropical Fruit Milk	3 Breaded Chicken Patty Egg Noodles Beets Dinner Roll Seasonal Fruit Milk	4 BBQ Meatballs Confetti Rice Green Beans Dinner Roll Tropical Fruit Milk	5 Turkey Rice Casserole Stewed Tomatoes Lima Beans Dinner Roll Pineapple Tidbits Milk
6 Creamy Paprika Chicken Brown Rice Mixed Vegetables Dinner Roll Applesauce Milk	7 Beef Noodle Casserole Green Peas Dinner Roll Warm Mixed Fruit Milk	8 Sweet & Sour Pork Rice Pilaf Green Beans Wheat Bread Apple Juice Milk	9 A-1 Chopped Steak Egg Noodles Brussel Sprouts Texas Bread Seasonal Fruit Milk	10 Turkey Supreme Penne Noodles Broccoli Dinner Roll Seasonal Fruit Milk	11 Garlic Chicken Pinto Beans Baby Glazed Carrots Dinner Roll Applesauce Milk	12 Meatloaf w/Brown Gravy Brown Rice Mixed Vegetables Dinner Roll Tropical Fruit Milk
13 Beef Patty w/Swiss Cheese and Mushrooms Potato Medley Baked Beans Hamburger Bun Applesauce Milk Ketchup	14 Crustless Turkey Pot Pie Parslied Rice Whole Kernel Corn Texas Bread Seasonal Fruit Milk	15 Meatloaf w/Gravy Whipped Potatoes Lima Beans Wheat Roll Fruit Punch Juice Milk	16 Chicken Breast w/Mild Buffalo Sauce Brown Rice Green Peas Texas Bread Seasonal Fruit Milk	17 Sliced Turkey Breast w/Gravy Mixed Beans Glazed Carrots Texas Bread Tropical Fruit Milk	18 Popcorn Chicken w/Sweet & Sour Sauce Dirty Rice Mixed Vegetables Dinner Roll Cinnamon Applesauce Milk	19 Ham & Vegetable Frittata Tater Tot Casserole Spinach Wheat Bread Very Berry Juice Milk
20 Chicken Piccata Confetti Rice Brussel Sprouts Texas Bread Tropical Fruit Milk	21 Sloppy Joe Ranch Beans Cauliflower Hamburger Bun Mandarin Oranges Milk	22 Taco Meat Shredded Cheese Spanish Rice Mixed Beans Flour Tortilla Seasonal Fruit Milk	23 Meatballs w/Tomato Basil Sauce Whipped Potatoes Garden Vegetables Wheat Roll Grape Juice Milk	24 Chicken Breast w/BBQ Sauce Egg Noodles Cabbage w/Tomatoes Texas Bread Seasonal Fruit Milk	25 Cheese Omelet w/Turkey Sausage Oven Roasted Potatoes Orange Beets Wheat Roll Tropical Fruit Milk	26 Breaded Chicken Patty Baked Beans Green Beans Hamburger Bun Apple Juice Milk Honey Mustard
27 Beef Patty Delmonico Potatoes Mixed Vegetables Hamburger Bun Orange Juice Milk Mayo/Mustard/Ketchup	28 Chicken Breast w/Southwest Lime Sauce Pinto Beans Green Peas Texas Bread Applesauce Milk	29 Salisbury Steak w/Steakhouse Sauce Rice Pilaf Green Beans Wheat Roll Seasonal Fruit Milk	30 Pork Roast w/Apple Berry Sauce Whipped Potatoes Cabbage Dinner Roll Tropical Fruit Milk	31 Smothered Chicken Macaroni & Cheese Garden Vegetables Wheat Roll Seasonal Fruit Milk	1 Beef & Cabbage Casserole Green Peas Cauliflower Texas Bread Tropical Fruit Milk	2 Chicken Breast w/Spinach Florentine Sauce Bow Tie Pasta Brussel Sprouts Dinner Roll Very Berry Juice Milk