

SEPTEMBER 2026 FROZEN MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Bolognese Casserole Whole Kernel Corn Green Peas Texas Bread Seasonal Fruit Milk	2 Glazed Ham Northern Beans Collard Greens Cornbread Strawberry Applesauce Milk	3 Garlic Rosemary Chicken Cheesy Baked Rice Mixed Vegetables Texas Bread Apple Juice Milk	4 Turkey Tetrazzini Lima Beans Diced Beets Wheat Bread Seasonal Fruit Milk	5 Jamaican Chicken Spiced Rice Corn O'Brien Dinner Roll Fruit Punch Juice Milk	6 Meatballs w/Gravy Whipped Potatoes Green Beans Texas Bread Tropical Fruit Milk
7 BBQ Pulled Pork Macaroni & Cheese Broccoli Hamburger Bun Applesauce Milk	8 Crustless Turkey Pot Pie Parslied Rice Whole Kernel Corn Texas Bread Seasonal Fruit Milk	9 Meatloaf w/Gravy Whipped Potatoes Lima Beans Wheat Roll Fruit Punch Juice Milk	10 Honey Baked Chicken Thigh Wild Rice Mixed Vegetables Texas Bread Seasonal Fruit Milk	11 Sliced Turkey Breast w/Gravy Mixed Beans Glazed Carrots Texas Bread Tropical Fruit Milk	12 Popcorn Chicken w/ Sweet & Sour Sauce Dirty Rice Mixed Vegetables Dinner Roll Cinnamon Applesauce Milk	13 Ham & Vegetable Frittata Tater Tot Casserole Spinach Wheat Bread Very Berry Juice Milk
14 Chicken Piccata Confetti Rice Brussel Sprouts Texas Bread Tropical Fruit Milk	15 Sloppy Joe Ranch Beans Cauliflower Hamburger Bun Mandarin Oranges Milk	16 Taco Meat Shredded Cheese Spanish Rice Mixed Beans Flour Tortilla Seasonal Fruit Milk	17 Meatballs w/ Tomato Basil Sauce Whipped Potatoes Garden Vegetables Wheat Roll Grape Juice Milk	18 Chicken Breast w/ BBQ Sauce Egg Noodles Cabbage w/Tomatoes Texas Bread Seasonal Fruit Milk	19 Cheese Omelet w/ Turkey Sausage Oven Roasted Potatoes Orange Beets Wheat Roll Tropical Fruit Milk	20 Breaded Chicken Patty Baked Beans Green Beans Hamburger Bun Apple Juice Milk Honey Mustard
21 Beef Patty Delmonico Potatoes Mixed Vegetables Hamburger Bun Orange Juice Milk Mayo/Mustard/Ketchup	22 Chicken Breast w/ Southwest Lime Sauce Pinto Beans Green Peas Texas Bread Applesauce Milk	23 Salisbury Steak w/ Steakhouse Sauce Rice Pilaf Green Beans Wheat Roll Seasonal Fruit Milk	24 Pork Roast w/ Apple Berry Sauce Whipped Potatoes Cabbage Dinner Roll Tropical Fruit Milk	25 Smothered Chicken Macaroni & Cheese Garden Vegetables Wheat Roll Seasonal Fruit Milk	26 Beef & Cabbage Casserole Green Peas Cauliflower Texas Bread Tropical Fruit Milk	27 Chicken Breast w/Spinach Florentine Sauce Bow Tie Pasta Brussel Sprouts Dinner Roll Very Berry Juice Milk
28 Cheese Omelet Turkey Sausage Tater Tots Sliced Carrots Dinner Roll Tropical Fruit Milk	29 Bolognese Casserole Whole Kernel Corn Green Peas Texas Bread Seasonal Fruit Milk	30 Glazed Ham Northern Beans Collard Greens Cornbread Strawberry Applesauce Milk	1 Garlic Rosemary Chicken Cheesy Baked Rice Mixed Vegetables Texas Bread Apple Juice Milk	2 Turkey Tetrazzini Lima Beans Diced Beets Wheat Bread Seasonal Fruit Milk	3 Jamaican Chicken Spiced Rice Corn O'Brien Dinner Roll Fruit Punch Juice Milk	4 Meatballs w/Gravy Whipped Potatoes Green Beans Texas Bread Tropical Fruit Milk