

Menu #	Freezer Meals- Cycle 224 (March-June 2024)
Menu #1	Roast Turkey, Dressing (cornmeal, onion, celery, cornbread, & eggs), Poultry Gravy (mixture of seasonings & flour), Whipped Sweet Potatoes, & Green Beans. Contains: onions, celery, eggs, & flour
Menu #2	Spaghetti w/Meat Sauce (ground beef, spaghetti, cheese, tomato paste/crushed, onions, bell peppers, celery, and mix of spices), Spinach, & Spiced Peaches (Cinnamon). Contains: onions, bell peppers, celery, cinnamon & crushed tomatoes
Menu #3	Chicken Fajita Bowl (onion, corn, red & green peppers, black beans, cumin, chili powder, cheese, mix of seasonings), Brown Rice, Mixed Vegetables (carrots, green peas, whole kernel corn,) & Cinnamon Applesauce. Contains: onions, chili powder, cumin, red & green bell peppers, & cinnamon
Menu #4	Baked Ham w/ Raisin Sauce (raisins, brown sugar, nutmeg, cinnamon, lemon juice), Green Peas/Onions, & Whipped Sweet Potatoes. Contains: cinnamon, lemon juice, & onions
Menu #5	Turkey Tetrazzini (tender turkey strips combined with thin spaghetti noodles and a golden mushroom sauce), Chuckwagon Corn (whole kernel corn and chopped red bell peppers), Spiced Peaches (Cinnamon). Contains: mushrooms, cinnamon, & red bell peppers
Menu #6	Breaded Baked Fish (bread crumbs with seasoning) w/Brown Rice, Mixed Vegetables (carrots, green peas, whole kernel corn), Pears.
Menu #7	Meatball (ground beef, ground turkey, bread crumbs, & mix of seasonings) w/Swedish Sauce (onions, tomato paste, mushrooms, flour, and spices), Mixed Vegetables (carrots, green peas, whole kernel corn), Whipped Potatoes. Contains: bread crumbs & flour
Menu #8	BBQ Smokehouse Chop (pork & bbq sauce) Whipped Sweet Potatoes, Winter Vegetable Blend (broccoli and cauliflower)
Menu #9	Macaroni & Cheese (swiss cheese, mozzarella cheese, milk, elbow macaroni, & seasonings), Brussels Sprouts, Stewed Tomatoes. Contains: cheese & tomato
Menu #10	Vegetarian Romanoff (ziti pasta, broccoli and small red beans combined together with a rich creamy parmesan cheese sauce). Spinach, Spiced Peaches (cinnamon). Contains: cheese, tomato, onions, green chili peppers, bell peppers, cayenne pepper, & chili powder.
Menu #11	Cheese & Green Chili Bake: base layer of vegetable rice mixture followed by a cheddar, Monterey jack, and cottage cheese, and sour cream filling topped with shredded cheese. Broccoli/Cauliflower, Spiced Peaches (Cinnamon). Contains: onions, green chilies, ripe olives, & cinnamon
Menu #12	Egg/Cheese Omelet w/Creole Sauce (tomato sauce, celery, onion, bell pepper, mushrooms, cayenne pepper, and seasonings), Mixed Vegetables (carrots, green peas, whole kernel corn), Cinnamon Applesauce. Contains: tomato, onions, bell pepper, mushrooms, & cayenne pepper.

<u>Menu #</u>	<u>Vegetarian Alternate Freezer Meals-</u>
Menu #V1	Vegetarian Garden Burger (soy, bell peppers, flour, mushrooms), California Vegetable Blend (broccoli, cauliflower, and carrots), Southwest Corn (whole kernel corn, black beans, onions, and bell peppers). Contains: onions, bell peppers & soy.
Menu #V2	Bean & Cheese Burrito (tortilla with pinto beans, cheese, and green chilies) w/Enchilada Sauce (milk, crushed tomatoes, and spices), Southwest Corn (whole kernel corn, black beans, onions, and bell peppers), Spiced Peaches (cinnamon). Contains: cheese, milk, & green chilies.
Menu #V3	Vegetarian Meatballs (soy and spices) w/Marinara Sauce, Mixed Vegetables (carrots, green peas, whole kernel corn, & green beans), Spinach Contains: onions, tomato sauce, & soy
	Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.