

MMOW Frozen Menu SAMPLE MENU					
*Specialty Menu Designations (GF, DF, VEG) refer to the entree only, and do not apply to rolls, muffins, desserts, butter, and milk. **Ingredient and recipe substitutions are made on occasion; always read the ingredient and allergen list on the meal label thoroughly before eating to avoid adverse food reactions.					
Chicken/Turkey	Beef	Vegetarian	Asian Inspired	Latinx	Fish/Seafood
NEW: BBQ Chicken (GF, DF) Brown Rice Corn Fruit Cup Milk	NEW: Burger Bowl (GF) Tater Tots Peas and Carrots Dessert Milk	NEW: Summer Corn Chowder Cornbread + Butter Fruit Cup Milk	Teriyaki Chicken (GF, DF) Brown Rice Sauteed Green Beans Fruit Cup Milk	Chicken & Bean Burrito Bowl (GF, DF) Spanish Rice Chuckwagon Blend Fruit Cup Dessert Milk	Herb Baked Fish (DF) Mediterranean Barley Pilaf Roasted Sweet Potatoes Fruit Cup Dessert Milk
NEW: Lemon Feta Chicken Orzo Italian Vegetable Blend Dessert Milk	Salisbury Steak (DF) Whole Wheat Egg Noodles 5-Way Vegetable Blend Fruit Cup Milk	Tater Tot Breakfast Bowl (GF) Tater Tots, Scrambled Eggs, Sauteed Vegetables, Everything Bagel Seasoning Fruit Cup Milk	Beef and Broccoli (GF, DF) White Rice Peas Dessert Milk	Beef Tacos (GF, DF) Cuban Style Black Beans and Rice Chuckwagon Vegetable Blend Tortilla Chip Strips Fruit Cup Milk	NEW: Fish with Romesco (DF) Buttered Whole Wheat Rotini Peas Fruit Cup Milk
Blueberry Sheet Pan Pancakes Turkey Sausage Breakfast Hash Fruit Cup Milk	Beef Lasagna Corn, Carrots, Green Beans, Peas Fruit Cup Milk NEW: Sloppy Joe (DF)	Spinach Artichoke Pasta Bake Whole Wheat Pasta Mozzarella Cheese Zucchini, Red Bell Pepper, Italian Green Beans, Onion, Yellow Squash, Tomatoes, Spinach Fruit Cup Milk	Ground Pork Fried Rice (DF) Sliced Zucchini Fruit Cup Milk	Sweet Potato & Bean Quesadilla (VEG) Spanish Rice Bell Peppers and Onions Pineapple Mango Salsa Dessert Milk	Tuna Casserole Whole Wheat Egg Noodles Green Beans, Zucchini, Carrots Dessert Milk
Pesto Chicken Pasta Whole Wheat Pasta Broccoli Fruit Cup Milk	Whole Wheat Hamburger Bun Roasted Potato Hash Green Beans Fruit Cup Milk	Macaroni & Cheese Whole Wheat Elbows Carrots, Zucchini, Italian Green Beans, Lima Beans, Cauliflower Fruit Cup Dessert Milk		Fish Taco Bowl (GF, DF) Cuban Style Black Beans and Rice Pineapple Mango Salsa Corn Dessert Milk	*LIMITED TIME* Baked Fish with Spinach Cream Sauce Whole Wheat Penne Pasta Broccoli Mandarin Orange Cup Dessert
Roasted Turkey Meal Whole Wheat Bread Stuffing, Gravy Glazed Carrots Dessert Milk	Meatloaf (GF, DF) Dairy Free Mashed Potatoes Beef Gravy Tuscany Vegetable Blend Dessert Milk				
Breakfast Sandwich Turkey Sausage, Egg Patty, Provolone Cheese on English Muffin Breakfast Potato Hash Fruit Cup Milk	NEW: Pasta with Meat Sauce Whole Wheat Pasta Corn, Carrots, Green Beans, Lima Beans, Peas Fruit Cup				Pork Barley Pilaf with Ham and Vegetables Carrot Coins Fruit Cup Dessert Milk
					NEW: BBQ Pork Loin (GF, DF) Breakfast Potato Hash Baked Beans Dessert Milk
					Pizza Beans with Italian Sausage Orzo Carrots, Zucchini, Italian Green Beans, Lima Beans, Cauliflower Dessert Milk
					Garlic Parmesan Pork Wild Rice Pilaf Corn Fruit Cup Milk