

MOW FROZEN MEAL SELECTIONS

FALL/WINTER NOVEMBER 2026-APRIL 2027

CHICKEN/TURKEY	BEEF	VEGETARIAN	FISH	ASIAN
TURKEY A LA King Mashed Potatoes Green Beans	BEEF GOULASH Green Beans	BLINTZ SOUFFLE Spiced Apples Tuscany Blend Vegetables	LEMON PEPPER FISH Rice Pilaf Baby Carrots	CHICKEN CHOW MEIN Steamed Rice Veggie Egg Roll
TURKEY MEATLOAF Mashed Potatoes w/gravy Peas/Carrots	BEEF TIPS & GRAVY Parsley Egg Noodles Brussels Sprouts	BREAKFAST FRENCH TOAST Scrambled Eggs Diced Potatoes	PECAN CRUSTED FISH Rice Pilaf Green Beans	BEEF BROCCOLI STIR-FRY Steamed Rice Veggie Egg Roll
APRICOT GLAZED CHICKEN QUARTER Roasted Red Potatoes Broccoli	SWEET & SOUR MEATBALLS Steamed Rice Baby Carrots	CHEESE MANICOTTI W/MARINARA SAUCE Mixed Vegetable	Battered Fish Roasted Potatoes Pea/Carrot Mix	VEGETARIAN STIR-FRY Steamed Rice Veggie Egg Roll
CHICKEN CACCIATORE Steamed Rice Snap Peas	BBQ BEEF BRISKET Roasted Red Potatoes Mixed Vegetables	VEGETARIAN CHILI Steamed Corn Corn Bread	Herb Crusted Fish Noodle Kugel Mixed Vegetable	SESAME CHICKEN Fried Rice Veggie Egg Roll

BEVERAGES	SIDES
Orange Juice	Bread & Butter
Apple Juice	Fruit Cup
Cranberry Juice	Applesauce
2% Milk	Cookie
Skim Milk	Pudding Cup
V-8-LIMIT 3 PER WEEK	

NOTE: MEALS COME AS LISTED NO SUBSTITUTIONS