

MMOW Frozen Menu Selection (February-April 2026)					
*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: Chicken Spaetzle Soup Cornbread Muffin Mixed Fruit Cup	NEW: Beef and Barley Stew (DF without dinner roll and butter)	NEW: Chickpea Shakshuka Orzo Pasta Italian Vegetable Blend Dessert	Beef & Cabbage Stir Fry (GF, DF) Brown Rice Edamame Mandarin Orange Cup	NEW: Chicken Tinga (GFDF) Spanish Rice Black Beans & Corn Blend Pineapple Cup	NEW: Herb Baked Fish (DF) Mediterranean Barley Pilaf Roasted Sweet Potatoes Fresh Banana
Three Cheese Pasta with Turkey (R) Whole Wheat Penne Zucchini, Carrots, Green Beans Peach Cup	Dinner Roll + Butter Fresh Pear	Pumpkin Pasta Bake Peas Apple Slices Dessert	Sweet and Sour Chicken (GF, DF) Brown Rice Broccoli Mixed Fruit Cup	Dessert	Dessert
Blueberry Sheet Pan Pancakes Turkey Sausage Breakfast Hash Peach Cup	NEW: Salisbury Steak (DF) Whole Wheat Egg Noodles	Peas Apple Slices Dessert	Brown Rice Broccoli Mixed Fruit Cup	Beef Tacos (GF,DF) Cuban Style Black Beans and Rice Chuckwagon Vegetable Blend	Mustard Herb Roasted Fish (GF, DF) Wild Rice Pilaf Corn Mixed Fruit Cup Dessert
	Zucchini, Yellow Squash, Italian Green Beans, Red Bell Peppers, Tomatoes, Onion, Spinach	Dessert	Mixed Fruit Cup	Corn Tortilla Peach Cup	Baked Fish with Spinach Cream Sauce Whole Wheat Penne Pasta Zucchini, Carrots, Green Beans Pear Cup Dessert
	Apple Slices	Roasted Red Pepper & Sweet Potato Soup (GF, DF without dinner roll and butter)	Ground Pork Fried Rice (DF)	Fish Taco Bowl (GFDF) Cuban Style Black Beans and Rice Pineapple Mango Salsa Corn Dessert	
	Beef Lasagna Corn, Carrots, Green Beans, Peas	Peas Dinner Roll + Butter Cinnamon Applesauce Cup	Sliced Zucchini Dessert		
Chicken Wild Rice Hotdish (GF) Corn Mandarin Orange Cup	Pear Cup	Macaroni & Cheese Whole Wheat Elbows Carrots, Zucchini, Italian Green Beans, Lima Beans, Cauliflower Dessert			
Roast Turkey Dinner (DF) Whole Wheat Bread Stuffing Gravy Glazed Carrots Dessert	Brown Rice Cheddar Cheese Apple Slices Cornbread Muffin	Mushroom Wild Rice Hotdish (GF) Peas, Carrots, Onion, Zucchini, Green Beans Whole Fresh Pear Dessert			NEW: Tuna Casserole Whole Wheat Egg Noodles Green Beans, Zucchini, Carrots Dessert
Breakfast Sandwich Turkey Sausage Egg Patty Provolone Cheese Breakfast Potato Hash Fresh Banana	Beef Cabbage Roll Bowl (GF,DF) White Rice Peas and Carrots Applesauce Cup				Pork NEW: Potato Ham & Bean Soup (GF without dinner roll) Dinner Roll + Butter Cinnamon Applesauce Cup
	Meatloaf (GF, DF) Dairy Free Mashed Potatoes Beef Gravy				Garlic Parmesan Pork Wild Rice Pilaf Corn Peach Cup
	Zucchini, Red Bell Pepper, Italian Green Beans, Onion, Yellow Squash, Tomatoes, Spinach				
	Beef Cottage Pie (GFDF) Dairy Free Mashed Potatoes Corn, Carrots, Green Beans, Peas Pear Cup				