

### MMOW Frozen Menu Selection (February-April 2026)

<p style="text-align: center;">*Specialty Menu Designations (GF, DF, VEG) refer to the entree only, and do not apply to rolls, muffins, desserts, butter, and milk.</p> <p style="text-align: center;">**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.</p>					
Chicken/Turkey	Beef	Vegetarian	Asian Inspired	Latinx	Fish/Seafood
<b>NEW: Chicken Spaetzle Soup</b> Cornbread Muffin Mixed Fruit Cup	<b>NEW: Beef and Barley Stew</b> (DF without dinner roll and butter)	<b>NEW: Chickpea Shakshuka</b> Orzo Pasta Italian Vegetable Blend	<b>Beef &amp; Cabbage Stir Fry</b> (GF, DF) Brown Rice Edamame	<b>NEW: Chicken Tinga</b> (GF,DF) Spanish Rice Black Beans & Corn Blend	<b>NEW: Herb Baked Fish</b> (DF) Mediterranean Barley Pilaf Roasted Sweet Potatoes
<b>Three Cheese Pasta with Turkey (R)</b> Whole Wheat Penne	Dinner Roll + Butter Fresh Pear	Dessert	Mandarin Orange Cup	Pineapple Cup	Fresh Banana
Zucchini, Carrots, Green Beans Peach Cup	<b>NEW: Salisbury Steak</b> (DF) Whole Wheat Egg Noodles	<b>Pumpkin Pasta Bake</b> Peas Apple Slices	<b>Sweet and Sour Chicken</b> (GF, DF) Brown Rice Broccoli	Dessert	<b>Mustard Herb Roasted Fish</b> (GF, DF) Wild Rice Pilaf
<b>Blueberry Sheet Pan Pancakes</b> Turkey Sausage	Zucchini, Yellow Squash, Italian Green Beans, Red Bell Peppers, Tomatoes, Onion, Spinach Apple Slices	Dinner Roll + Butter	Mixed Fruit Cup	Chuckwagon Vegetable Blend	Corn
Breakfast Hash	<b>Beef Lasagna</b> Corn, Carrots, Green Beans, Peas	Peas	<b>Ground Pork Fried Rice</b> (DF) Dinner Roll + Butter Cinnamon Applesauce Cup	Corn Tortilla Peach Cup	Mixed Fruit Cup
Peach Cup	Pear Cup	Macaroni & Cheese Whole Wheat Elbows	Dessert	<b>Fish Taco Bowl</b> (GF,DF) Cuban Style Black Beans and Rice Pineapple Mango Salsa	<b>Baked Fish with Spinach Cream Sauce</b> Whole Wheat Penne Pasta Zucchini, Carrots, Green Beans
<b>Chicken Wild Rice Hotdish</b> (GF) Corn Mandarin Orange Cup	Brown Rice Cheddar Cheese Apple Slices Cornbread Muffin	Dessert	Corn Dessert	Pear Cup	<b>NEW: Tuna Casserole</b> Whole Wheat Egg Noodles Green Beans, Zucchini, Carrots
<b>Roast Turkey Dinner</b> (DF) Whole Wheat Bread Stuffing Gravy Glazed Carrots Dessert	<b>Beef Chili</b> (GF without dessert) Dinner Roll + Butter	Whole Fresh Pear	Dessert	Dinner Roll + Butter Cinnamon Applesauce Cup	<b>Pork</b> <b>NEW: Potato Ham &amp; Bean Soup</b> (GF without dinner roll) Dinner Roll + Butter Cinnamon Applesauce Cup
<b>Breakfast Sandwich</b> Turkey Sausage Egg Patty Provolone Cheese	<b>Beef Cabbage Roll Bowl</b> (GF,DF) White Rice Peas and Carrots Applesauce Cup	Dessert		<b>Garlic Parmesan Pork</b> Wild Rice Pilaf Corn Peach Cup	
Breakfast Potato Hash Fresh Banana	<b>Meatloaf</b> (GF, DF) Dairy Free Mashed Potatoes Beef Gravy Zucchini, Red Bell Pepper, Italian Green Beans, Onion, Yellow Squash, Tomatoes, Spinach	Dessert			
	<b>Beef Cottage Pie</b> (GF,DF) Dairy Free Mashed Potatoes Corn, Carrots, Green Beans, Peas Pear Cup				