



Spring/Summer Menu
March 1, 2021-August 31, 2021

- Low-calorie options are at/or less than 500 calories**
- Low-fat options are at or less than 16 grams total fat and at/or less than 5 grams saturated fat**
- Carb-controlled options are at/or less than 45 grams total carbohydrates**
- Gluten-restricted options contain no wheat but are prepared in a commercial kitchen with risk of gluten exposure**
- Sodium-controlled options are at/or less than 750 mg of sodium**
- Renal options are moderate restriction of sodium, potassium and phosphorus**

-Chicken-

NEW **#01 Buffalo Chicken Burrito Bowl**
Buffalo style shredded chicken, Mexi-bean mixture (black beans, pinto beans, green bell pepper, onion, mild salsa), shredded cheddar cheese, two white corn tortillas and cut corn.
Contains: Milk

#02 Broccoli & Cheese Stuffed Chicken
Creamy Alfredo penne pasta with red peppers & garlic, topped with shredded 5-cheese blend, a chicken breast stuffed with creamy broccoli and cheese, and chopped broccoli.
Contains: Milk, Soy, Wheat
Please remember to cook thoroughly with an internal temperature of 165 F

#03 Boneless Fried Chicken Dinner
Golden crispy chicken breast, roasted potatoes, a wrapped mini corn bread loaf and 3-way vegetable blend (green peas, corn & carrots).
Contains: Egg, Milk, Soy, Wheat
Please remove all packets, wrappers, condiments, and bread products before heating.

NEW **#04 Teriyaki Chicken Stir Fry**
Hearty brown rice and quinoa mixture, Midori vegetable (sugar snap peas, baby corn, red peppers, edamame, and water chestnuts) and BBQ chicken topped with teriyaki sauce.
Contains: Soy, Wheat

NEW **#05 Homestyle Chicken Noodle**
Creamy penne pasta mixed with diced chicken, onion, celery, green peppers, and sliced mushrooms, topped with shredded cheddar cheese and Scandinavian vegetables (green peas, carrots, green beans, and diced white onion).
Contains: MSG, Milk, Wheat

-Fish/Seafood-

NEW #06 Shrimp Ala King

White rice, peas, and carrots, topped with a creamy ala king sauce including bacon, shrimp, sliced mushrooms, green peppers, and onion.

Contains: Milk, Shellfish, Soy

#07 Boston Style Battered Fish & Chips

Roasted garlic and rosemary diced potatoes, green beans, and Boston style battered pollock filets.

Contains: Fish, Wheat

#08 Citrus Pepper Salmon

A mild flavored citrus pepper salmon filet, sundried tomato brown rice and quinoa and Italian vegetables (zucchini, cauliflower, carrots, green beans, lima beans, and red pepper).

Contains: Fish, Milk, Soy

-Vegetarian-

#09 Homestyle Macaroni & Cheese

Classic mac and cheese with elbow pasta, chopped broccoli and topped with shredded cheddar cheese.

Contains: Egg, Milk, Wheat

#10 Vegetarian Chili & Cheese Cornbread Bowl

Vegetarian chili (black beans, pinto beans, green peppers, onion, diced tomato) served in a corn bread bowl, topped with shredded cheddar cheese, and cut corn.

Contains: Egg, Milk, Soy, Wheat

-Pork-

NEW #11 Asian Glazed Pork Chop

Tender pork chopped topped with gluten free hoisin sauce, served with fried rice (white rice, scrambled eggs, red peppers, celery, peas and carrots) , and Midori vegetable (sugar snap peas, baby corn, red peppers, edamame, and water chestnuts).

Contain: Egg, Milk, Soy

A margarine pat is included; please remove before heating.

#12 Pork Tamale

Traditional pork and red chile tamale, Mexi-bean mixture (black beans, pinto beans, green bell pepper, onion, mild salsa) and cut corn.

Contain: No Allergens

#13 Grandpa's BBQ Pork Rib Patty

Fully cooked BBQ pork rib patty, mashed potatoes, diced carrots, and a mini garlic toast.

Contain: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW #14 Italian Sausage Rotini Pasta Salad

Classic Italian pasta salad (Rotini pasta, Italian dressing, red peppers, diced celery, tomato chunks, sliced olives, and Italian sausage), Italian vegetables (zucchini, cauliflower, carrots, green beans, lima beans, and red pepper) all topped with shredded 5-cheese blend.

Contain: Egg, Milk, Soy

-Beef-

#15 Homestyle Cheeseburger

Individual wrapped flame broiled cheeseburger on a brioche bun served with 3-way vegetables (corn, peas, and carrots).

Contains: Milk, Wheat

Please remove all packets, wrappers, condiments, and bread products before eating.

#16 Beef Finger Steak Dinner

Whole-grain breaded beef finger steaks, cheesy roasted potatoes, and Scandinavian vegetables (green peas, carrots, green beans, and diced white onion).

Contains: Milk, Soy, Wheat

#17 Bacon Cheeseburger Pasta

Bacon cheeseburger pasta (Rotini pasta, ground beef, diced bacon, creamy cheddar cheese, green peppers, onions, and diced tomatoes), peas and carrots and topped with shredded 5-cheese blend.

Contains: Egg, Milk

NEW #18 BBQ Beef Brisket

Smoked beef brisket with BBQ sauce, mashed potatoes, a wrapped mini corn bread loaf and green beans.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

#19 Old Fashioned Meatloaf

Classic beef meatloaf, cheesy garlic and rosemary roasted potatoes, mini garlic toast and diced carrots.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

#20 Mexican Stuffed Pepper Casserole

Mexican rice casserole (white rice, ground beef, black beans, pinto beans, tomato, mild salsa, cumin, and chili powder), fajitas blend peppers and onions all topped with shredded cheddar cheese.

Contains: Milk

-Breakfast-

#21 Ham, Egg & Cheese Breakfast Scramble

Low sodium diced ham, shredded cheddar cheese, scrambled eggs with roasted potatoes, two corn tortillas and a mixed dried fruit packet.

Contains: Egg, Milk

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW #22 Denver Omelet Wrap

Classic Denver omelet with peppers, onions, cheddar cheese, and ham all wrapped in a flour tortilla. Served with sheep herder potatoes (diced potatoes, bell peppers, and onions) and an apple sauce cup.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW #23 French Toast Bites

Individually wrapped French toast bites, two chicken sausages, and diced mangos.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW   **#24 Blueberry Muffin Breakfast**

Blueberry muffin, bacon and cheese scrambled eggs and an applesauce cup.

Contains:

Please remove all packets, wrappers, condiments, and bread products before heating.

    **#25 Cinnamon Roll Breakfast**

Individually wrapped whole-grain cinnamon roll, two pork sausages and a mixed fruit package.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW #26 Peanut Butter & Strawberry Jelly Sandwich

Individually wrapped whole-grain peanut butter and strawberry jelly sandwich, two chicken sausages and diced strawberries.

Contains: Peanuts, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW #27 Sausage, Egg & Cheese Biscuit Sandwich

Individually wrapped sausage, egg, and cheese biscuit sandwich with diced roasted sweet potatoes.

Contains: Egg, Milk, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

    **#28 Mango & Strawberry W/ Vanilla Yogurt Parfait**

Vanilla yogurt topped with mango, strawberries, and granola pieces.

Contains: Milk, Soy

*** This entrée does not require cooking**

NEW   **#29 Bacon Gouda Breakfast Sandwich**

Individually wrapped bacon, egg, and gouda cheese sandwich on a ciabatta roll with diced roasted sweet potatoes.

Contains: Egg, Milk, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

NEW #30 Sausage Gravy Stuffed Biscuit

Individually wrapped sausage gravy stuffed biscuit with sheep herder potatoes (diced potatoes, bell peppers, and onions), and a mixed dried fruit package.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.