



Spring/Summer Menu
 March- August 2022
 Updated 1/6/2022

- 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
- Kosher Style Cultural options are no pork, shellfish or meat and dairy combinations

-Chicken-

01-SS Southwest Chicken With Mexican Style Street Corn
 Golden crispy chicken breast topped with enchilada sauce served with Mexican style street corn (roasted corn, black beans, cotija cheese, sour cream, and lime)
 Contains: Milk, Wheat

02-SS Garlic Parmesan Chicken Pasta With Broccoli
 Garlic parmesan pasta (gluten free rotini pasta mixed with garlic parmesan sauce, red peppers, and cheddar cheese) served with a grilled chicken breast and chopped broccoli.
 Contains: Egg, Milk, Soy, Wheat

03-SS Loaded Potato & Chicken Casserole
 Oven roasted potato medley, mashed potatoes, bacon, diced chicken, sour cream and cheddar cheese served with a mini garlic toast and 4-Way vegetables (corn, carrots, peas & green beans)
 Contains: Egg, Milk, Soy, Wheat
 Please remove all packets, wrappers, condiments, and bread products before heating.

04-SS 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 pineapple and teriyaki sauce.
 Contains: Milk, Soy, Wheat

05-SS Homestyle Turkey Noodle
 Creamy gluten free rotini pasta mixed with diced turkey, onion, peppers, celery, sliced mushrooms and shredded cheddar cheese served with Scandinavian vegetables (green peas, carrots, green beans, and diced white onion).
 Contains: Egg, MSG, Milk, Wheat

-Fish/Seafood-



06-SS Mexican Style Pollock With Rice & Beans

Alaskan pollock filets topped with southwestern pesto sauce and roasted pumpkin seeds, served with Mexi Rice (rice, black beans, pinto beans, tomatoes, cumin, chili powder, and enchilada sauce) and diced carrots

Contains: Fish



07-SS Citrus Pepper Salmon

A mild flavored citrus pepper salmon filet, sundried tomato brown rice and quinoa and green beans

Contains: Fish, Milk, Soy

-Vegan & Vegetarian-



08-SS Vegan Lentil Orzo Stew

Vegan Stew (potatoes, sweet potatoes, red lentils, orzo, pepper, onions, spinach, tomatoes mixed with nondairy garlic sauce) topped with roasted pumpkin seeds

Contains: Wheat



09-SS Vegan Chick'n Nuggets

Soy protein, plant based chick'n nuggets with roasted diced sweet potatoes and peas

Contains: Soy, Wheat



10-SS Lasagna Rollup With Vegetarian Alfredo Sauce

A lasagna noodle rolled up with ricotta, parmesan, Romano cheese and spices, topped with our new vegetarian (contains cheese) alfredo sauce served with Italian vegetables (zucchini, cauliflower, carrots, green beans, lima beans, and red pepper)

Contains: Egg, Milk, Wheat



11-SS Blackbean Burger Bowl With Tropical Fruit Salsa

Black bean burger topped with tropical fruit salsa (green chile enchilada sauce, mango, pineapple, red peppers, roasted green chiles) served with Midori vegetables (sugar snap peas, baby corn, red peppers, edamame, and water chestnuts) and two corn tortillas

Contains: Soy

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

-Pork-



12-SS Grandpa's BBQ Pork Rib Patty

Pork rib patty covered in BBQ sauce, diced sweet potatoes, peas, and an individual wrapped corn bread.

Contain: Egg, Milk, Soy, Wheat

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



13-SS Ham & Scalloped Potato Casserole

Ham & Scalloped potato casserole (mashed potatoes, scalloped potatoes mixed with ham, peppers, onions, sour cream, and cheese) served with Italian vegetables (zucchini, cauliflower, carrots, green beans, lima beans, and red pepper) and a mini garlic toast.

Contain: Egg, Milk, Soy, Wheat

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



14-SS Pork Tamales

Two traditional pork and red chile tamales, Mexi Rice (rice, black beans, pinto beans, tomatoes, cumin, chili powder, and enchilada sauce) and roasted corn

Contain: No Allergens

-Beef-

15-SS Homestyle Cheeseburger

Whole grain bun, premium beef burger patty and American cheese served with 4-Way vegetables (corn, carrots, peas & green beans)

Contains: Milk, Soy, Wheat

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

16-SS Beef Finger Steak Dinner

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

Contains: Milk, Soy, Wheat

17-SS Chopped Steak With Mac & Cheese

Homestyle Mac & Cheese served with chopped broccoli and a premium beef patty

Contains: Egg, Milk, Wheat

18-SS Classic Baked Beans & Franks Casserole

Traditional baked beans with navy beans, pinto, and garbanzo beans mixed with a turkey frank, diced carrots and an individual wrapped corn bread

Contains: Egg, Milk, Soy, Wheat

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

19-SS Old Fashioned Meatloaf

Classic beef meatloaf, mashed potatoes, 4-Way vegetables (corn, carrots, peas & green beans) and a mini garlic toast

Contains: Egg, Milk, Soy, Wheat

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

20-SS Tamale Pie

Tamale pie mixture (ground beef, black beans, pinto beans, roasted green chiles, tomato, enchilada sauce, and mozzarella cheese) served over a corn bread bowl and roasted corn

Contains: Egg, Milk, Soy, Wheat

-Breakfast-

21-SS Ham, Egg & Cheese Breakfast Scramble

Low sodium diced ham, shredded cheddar cheese, scrambled eggs with roasted potatoes, two corn tortillas and an applesauce cup

Contains: Egg, Milk

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

22-SS Pancake Breakfast

Buttermilk pancakes served with cheesy scrambled eggs and an applesauce cup

Contains: Egg, Milk, Soy, Wheat

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

23-SS Breakfast Bagel Pizza

Whole wheat bagel topped with cheese sauce, shredded cheddar cheese, eggs, sausage and bacon served with roasted sweet potatoes

Contains: Egg, Milk, Soy, Wheat

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

 24-SS Mixed Berry Gems

Three gluten free mixed berry gems served with a mixed berry fruit cup and two pork sausage links
Contains: Milk

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

 25-SS Old Fashioned Cake Donut

Individually wrapped old fashioned cake donut, two turkey sausages and an applesauce cup.

Contains: Egg, Milk, Soy, Wheat

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

 26-SS Breakfast Enchiladas

Two cheese enchiladas topped with eggs, mozzarella cheese, roasted green chiles, green chile enchilada sauce and tomatoes served with roasted sweet potatoes

Contains: Egg, Milk, Wheat

27-SS Sausage, Egg & Cheese Croissant Sandwich

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

Contains: Egg, Milk, Soy, Wheat

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

 28-SS Vanilla Yogurt With Mango, Strawberries & A Granola Packet

Vanilla yogurt topped with mango, strawberries, and a cinnamon flavored granola packet.

Contains: Milk

* This entrée does not require cooking but please remember to remove the packet

 29-SS Banana Muffin Breakfast

Individually wrapped banana muffin, mixed berry fruit cup and two turkey sausage links

Contains: Egg, Milk, Soy, Wheat

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

 30-SS Breakfast Pocket

Egg, cheese, and sausage breakfast pocket served with cheesy roasted sweet potatoes

Contains: Egg, Milk, Soy, Wheat