

AIHS Frozen Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Potato Crusted Pollock Delmonico Potatoes Broccoli Whole Wheat Bread Fig Bar Cookie Milk Tartar Sauce Cal: 643 Sodium: 756	Fajita Chicken Refried Beans Fiesta Vegetable Blend Flour Tortilla Tropical Fruit, 4.5 oz Milk Taco Sauce Cal: 657 Sodium: 1008	Spaghetti Meatballs Spaghetti Noodles Tuscany Vegetable Blend Broccoli Pears, 4.5 oz Milk Cal: 619 Sodium: 689	Cheeseburger Mac Green Peas Carrots Wheat Dinner Roll Peaches, 4.5 oz Milk Margarine Cal: 663 Sodium: 655	Turkey & Sweet Potato Hash Mixed Vegetable Blend Cornbread Cranapple Cobbler Milk Margarine Diet - Cranapplesauce Cal: 790 Sodium: 853
9	**10**	**11**	**12**	**13**
Chicken Philly w/ Provolone Cheese Ranch Potatoes Capri Vegetable Blend Whole Grain Hot Dog Bun Darlington Sugar Cookie Milk Cal: 629 Sodium: 789	Ground Beef Chili Brown Rice Broccoli Whole Wheat Bread Pineapple Tidbits, 4.5 oz Milk Cal: 611 Sodium: 742	Egg Patty (2) Hashbrown Casserole French Toast Sticks (2) Mandarin Oranges, 4.5 oz Milk Pancake Syrup Cal: 679 Sodium: 857	*New!* Apple Chutney Pork Loin Whole Kernel Corn Seasoned Green Beans Whole Wheat Bread Carnival Cookie Milk Margarine Cal: 670 Sodium: 377	Chicken Tetrazzini (Pasta in entrée) Green Peas Carrots Oreo Cookies Milk Cal: 737 Sodium: 757
16	**17**	**18**	**19**	**20**
Sloppy Joe Meatballs Garlic Whipped Potatoes Broccoli Carrots Saltine Crackers Snickerdoodle Crème Pie Milk Diet - Lorna Doone Cookies Cal: 711 Sodium: 1020	Chicken & Sausage Paella (Rice in entrée) Succotash w/Carrots Peaches, 4.5 oz Milk Cal: 603 Sodium: 369	BBQ Pork Riblet Macaroni and Cheese Cauliflower Hamburger Bun Rice Krispie Treat Milk Cal: 739 Sodium: 1352	*New!* Chicken Breast w/ Creamy Dijon Sauce Whole Kernel Corn Brussels Sprouts Wheat Dinner Roll Tropical Fruit, 4.5 oz Milk Cal: 588 Sodium: 831	Pizza Casserole (Pasta in entrée) Green Peas Garden Vegetable Blend Glazed Chocolate Cake Milk Diet - Graham Crackers Cal: 721 Sodium: 719
23	**24**	**25**	**26**	**27**
New! Onion Sage Chicken Seasoned Pasta Winter Vegetable Blend Mandarin Oranges, 4.5 oz Milk Cal: 470 Sodium: 613	Brown Sugar Glazed Ham Whipped Sweet Potatoes Mixed Vegetable Blend Whole Wheat Bread Gingerbread Cake Milk Diet - Lorna Doone Cookies Cal: 708 Sodium: 1607	Turkey Breast w/ Rosemary Gravy Scalloped Potatoes Green Bean Amandine Whole Wheat Bread Pumpkin Cookie Milk Margarine Diet - Graham Crackers Cal: 574 Sodium: 1327	Hamburger Patty Baked Beans Stewed Tomatoes Hamburger Bun Hot Pineapple Tidbits Milk Ketchup Cal: 797 Sodium: 901	Chicken Enchilada w/ Tomatillo Sauce Fiesta Rice Spanish Carrots Applesauce, 4.5 oz Milk Cal: 529 Sodium: 534
30				
Meatloaf w/Brown Gravy Whipped Potatoes *New!* Lemon Garlic Green Beans Wheat Dinner Roll Butter Sugar Cookie Milk Margarine Cal: 666 Sodium: 953				

TRIO Community Meals

Menus subject to change

Courtney Furr RD, LDN

Courtney Furr RDN LD
License # 37004552A