



AIHS Frozen Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Oriental Shoyu Chicken Jasmine Rice Japanese Vegetable Blend Pineapple Tidbits Fortune Cookie Milk Cal: 553 Sodium: 426	Salisbury Steak w/ Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Pears, 4.5 oz Milk Margarine Cal: 619 Sodium: 660	Creole Baked Chicken Red Beans and Rice Collard Greens Cornbread Nuttty Buddy Bar Milk Margarine Cal: 700 Sodium: 1232	Turkey Divan Parslied Rice Succotash Brussels Sprouts Snickerdoodle Bar Milk Cal: 765 Sodium: 540
7	8	9	10	11
Teriyaki Meatballs Lentil Vegetable Pilaf Broccoli Naan Bread Mandarin Oranges, 4.5 oz Milk Cal: 733 Sodium: 1158	<i>New!</i> Chicken Spaghetti Casserole Green Peas Carrots Wheat Dinner Roll Milk Oatmeal Crème Cookie Margarine Cal: 763 Sodium: 901	Egg Patty Breakfast Sausage Hashbrown Potatoes Biscuit Hot Peaches Milk Margarine Cal: 748 Sodium: 1120	Santa Fe Chicken w/ Penne Pasta Southwest Corn Green Beans Rice Krispie Treat Milk Cal: 649 Sodium: 490	Beef Patty Potato Wedges Hamburger Bun Pineapple Cobbler Milk Ketchup Mustard Cal: 845 Sodium: 834
14	15	16	17	18
BBQ Pork Riblet Hawaiian Baked Beans Mixed Vegetable Blend Hamburger Bun Rice Krispie Treat Milk Cal: 802 Sodium: 1065	Chicken Breast <i>New!</i> w/ Romesco Sauce Parslied Noodles Tuscany Vegetable Blend Tropical Fruit, 4.5 oz Milk Cal: 522 Sodium: 672	Krab Cake w/Dill Sauce Garden Vegetable Blend Green Peas Saltine Crackers Chocolate Cake Milk Cal: 696 Sodium: 688	Smothered Beef Patty Whipped Potatoes Green Beans Whole Grain Bread Applesauce, 4.5 oz Milk Margarine Cal: 606 Sodium: 684	Butter Chicken w/ Yellow Rice Cauliflower Spiced Peaches n' Granola Milk Cal: 535 Sodium: 394
21	22	23	24	25
<i>New!</i> Creamy Marsala Garden Meatballs Penne Pasta Italian Vegetable Blend Broccoli Chocolate Chip Cookie Milk Cal: 579 Sodium: 778	Sloppy Joe Baked Beans Carrots Hamburger Bun Applesauce, 4.5 oz Milk Cal: 775 Sodium: 953	Beef Stroganoff (Egg Noodles in Stroganoff) Yellow Squash Green Beans Fig Bar Cookie Milk Cal: 578 Sodium: 375	Egg Patty (2) Hashbrown Potatoes French Toast Sticks Peaches, 4.5 oz Milk Pancake Syrup Cal: 692 Sodium: 851	Chicken Enchilada w/ <i>New!</i> Citrus Mojo Sauce Fiesta Black Beans Stewed Tomatoes Sugar Cookie Milk Cal: 544 Sodium: 847
28	29	30		
Frito Pie Whole Kernel Corn Green Beans Corn Chips Lorna Doone Cookies Milk Cal: 669 Sodium: 554	Chicken Cordon Bleu Broccoli Glazed Carrots Wheat Dinner Roll Pineapple Tidbits, 4.5 oz Milk Margarine Cal: 679 Sodium: 1083	Loaded Potato Bake w/Ham Spring Vegetable Blend Cabbage Whole Grain Bread Mandarin Oranges, 4.5 oz Milk Assorted Jelly Cal: 535 Sodium: 1239		

Menus subject to change

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