



AIHS Frozen Menu

June 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Honey Glazed Chicken Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Applesauce, 4.5 oz Milk Margarine Cal: 578 Sodium: 696		Bacon & Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Mandarin Oranges, 4.5 oz Milk Cal: 604 Sodium: 834		Spaghetti Bake Green Peas Saltine Crackers Apple Cobbler Milk Cranberry Juice, 4 oz (2) Cal: 866 Sodium: 788		Chicken Calabacita (Chicken & Squash) Yellow Rice Broccoli Whole Wheat Tortilla Hot Pineapple Tidbits Milk Cal: 641 Sodium: 479		Cheeseburger Baked Beans Glazed Carrots Whole Grain Hamburger Bun Fudge Crème Cookie Milk Cal: 894 Sodium: 1365	
8		9		10		11		12	
Smothered Garden Penne Pasta Mixed Vegetable Blend Cauliflower Apple Juice, 6 oz Milk Cal: 564 Sodium: 637		Smoked Sausage with Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Graham Crackers Milk Mustard Ketchup Cal: 857 Sodium: 1289		Jamaican Pork Parslied Rice Capri Vegetable Blend Hot Apple Raisin Compote Milk Cal: 610 Sodium: 368		Breaded Chicken Country Corn Carrots Whole Grain Hamburger Bun Chocolate Chip Cookie Milk BBQ Sauce Cal: 832 Sodium: 1272		Chopped Steak <i>New!</i> with Horseradish Sauce Whipped Potatoes Green Bean Amandine Whole Wheat Bread Pears, 4.5 oz Milk Margarine Cal: 642 Sodium: 658	
15		16		17		18		19	
Meatloaf w/Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 556 Sodium: 898		Chicken Gumbo Cajun Rice Succotash Saltine Crackers Applesauce, 4.5 oz Milk Cal: 610 Sodium: 583		BBQ Pork Riblet Macaroni & Cheese Green Beans Whole Grain Hamburger Bun Peaches, 4.5 oz Milk Cal: 727 Sodium: 1038		Egg Patty Florentine Parslied Potatoes Wheat English Muffin Pineapple Tidbits, 4.5 oz Milk Margarine Cal: 550 Sodium: 754		Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Cal: 661 Sodium: 847	
22		23		24		25		26	
Honey Mustard Chicken Breas Potato Wedges Mixed Vegetable Blend Whole Grain Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup Cal: 861 Sodium: 1116		Teriyaki Meatballs Coconut Rice Seasoned Edamame Japanese Vegetable Blend Milk Fortune Cookie Cal: 717 Sodium: 981		Tarragon Pork Loin Sweet Potatoes Green Beans w/Tomatoes Whole Wheat Bread Nutty Buddy Bar Milk Cal: 636 Sodium: 482		Sloppy Joe Baked Beans Parslied Carrots Whole Grain Hamburger Bun Pineapple Tidbits, 4.5 oz Milk Cal: 793 Sodium: 972		Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Pears, 4.5 oz Rice Krispie Treat Milk Cal: 684 Sodium: 928	
29		30		<div data-bbox="860 1648 1502 1827" data-label="Image"> </div>					
Swedish Meatballs Egg Noodles Green Peas Carrots Pears, 4.5 oz Milk Cal: 684 Sodium: 831		Cheese Omelet Hashbrowns French Toast Sticks (2) Peaches, 4.5 oz Milk Pancake Syrup Cal: 741 Sodium: 887							

Menus subject to change

Veronica G. MS RDN LD

Veronica Gober MS RDN LD
 License # 37003515A