



NC Frozen Menu Day, Q1Q2, 2024						
1/1/2024	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	SERVICE DATES
WEEK 1	Chicken Parmesan <i>(3.1 oz Breaded Chicken Patty, 2.5 oz sauce, .5oz Mozzarella Cheese)</i>	Hamsteak with Pineapple Glaze <i>(3oz hamsteak, 1/4c pineapple topping)</i>	Turkey Stir Fry <i>(3 oz diced turkey, 1.5 oz sauce)</i>	Chicken w/Country Pepper Gravy <i>(3.1 oz Breaded Chicken Patty, 1.5oz Gravy)</i>	Penne & Meatballs with Marinara <i>(3oz Meatballs, 3oz Sauce (1/4c veg))</i>	(Mon) Jan 1 - Jan 5
	Broccoli (3/4c)	Cauliflower (3/4c)	Asian Vegetables (3/4c)	Mixed Vegetables (3/4c)	Corn (3/4c)	Jan 29
	Cinnamon Apple Crisp (4oz)	Peas(3/4c)	Corn (1/2c)	Mashed Potatoes (3/4c)	Broccoli (1/2c)	- Feb 2 Feb 26 - Mar 1
	Whole Grain Rotini *(1/2c)	Ancient Grains Pilaf*(3/4c) (3oz grains)	Brown Rice Pilaf*(3/4c) (1/4c veg, 1oz Grain)			Mar 25 - Mar 29 Apr 22
	Whole Grain Bread* (1oz)		Whole Grain Bread* (1 oz)	Whole Grain Bread* (2oz)	Whole Grain Penne *(1/2c)	- Apr 26 May 20 - May 24
	Butter		Butter	Butter	Butter	Jun 17 - Jun 21
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	
WEEK 2	BBQ Seasoned Pork <i>(3oz Pork Riblet, 1oz Sauce)</i>	Thai Ginger Curry Chicken <i>(3oz Diced Chicken, 2.5oz Sauce)</i>	Salisbury Steak <i>(3oz Beef Salisbury Steak Patty, 1.5oz Mushroom Gravy)</i>	Turkey Scampi <i>3oz Diced Turkey, 2oz Scampi Sauce,</i>	Beef and Bean Chili <i>(5oz Chili, 1oz Beans)</i>	Jan 8 - Jan 12
	Green Beans (1/2 c)	Fajita Vegetables (3/4c)	Classic Mashed Potatoes (1/2c)	Brussel Sprouts (3/4c)	Mixed Vegetables (3/4c)	Feb 5 - Feb 9
	Carrots (1/2c)		Carrots (1/2 c)	Corn (3/4c)	Mashed Potatoes (3/4c)	Mar 4 - Mar 8 Apr 1 - Apr 5
	Mashed Potatoes (1/2c)	Broccoli (3/4c)	Warm Sliced Apples (1/2 c)	Whole Grain Rotini *(1/2c)		Apr 29 - May 3
	Whole Grain Bread* (2oz)	Ancient Grains Pilaf*(3/4c) (3oz grains)	Whole Grain Bread* (2 oz)	Whole Grain Bread* (1 oz)	Whole Grain Bread* (2oz)	May 27 - May 31
	Butter		Butter	Butter	Butter	Jun 24 - Jun 28
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	
WEEK 3	Meatloaf with Marinara <i>(2.6oz Meatloaf, 2oz Marinara(1/4c veg)</i>	Turkey Divan <i>(3oz Diced Turkey, 3/4c Broccoli, 2oz Cheese Sauce)</i>	French Onion Breaded Pork <i>3.5 oz Breaded Pork Chop, 2 oz gravy</i>	Southwest Chicken Cheddar Penne <i>(1/2c Penne*, 2oz diced chicken, 1 T black beans, 1 T corn, 1 oz Salsa, 2 oz Cheese Sauce)</i>	Breaded Fish with Cream Sauce <i>(2.97oz Breaded Fish Patty, 2oz Sauce)</i>	Jan 15 - Jan 19
	Mixed Vegetables (3/4c)	Cauliflower (1/2c)	Mashed Potatoes (1/2c)	Stewed tomatoes (3/4 c)	Broccoli (3/4c)	Feb 12 - Feb 16
	Mashed Potatoes (1/2c)		Peas (1/2c)	Broccoli cuts (3/4 c)	Corn (3/4c)	Mar 11 - Mar 15 Apr 8 - Apr 12
	Whole Grain Bread* (2oz)	Brown Rice Pilaf*(3/4c) (1/4c veg, Whole Grain Bread* (1oz)	Cinnamon Apple Crisp (4oz)		Ancient Grains Pilaf*(3/4c)	May 6 - May 10
	Butter	Butter	Whole Grain Bread* (1oz)	Whole Grain Bread* (1oz)		Jun 3 - Jun 7
	1% Milk (8 oz)	1% Milk (8 oz)	Butter	Butter		
			1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	
WEEK 4	Sweet & Sour Chicken <i>(3oz Diced Chicken, 2oz Sauce)</i>	Beef Goulash <i>(3oz Beef, 1oz WG* Elbow Macaroni Noodles, 3.5oz tomato sauce (1.4c veg))</i>	Honey Mustard Chicken <i>(3.1oz breaded chicken patty, 2oz Honey Mustard sauce)</i>	Turkey Santa Fe <i>(3 oz diced turkey, 2 oz sauce)</i>	Swiss Steak <i>(3 oz Beef Patty, 2.5 oz Swiss Steak Sauce)</i>	Jan 22 - Jan 26
	Mixed Vegetables (1/2c)	Peas (3/4)	Mashed Potatoes (3/4c)	Corn & Black Beans (1/2c)	Classic Mashed Potatoes (1/2c)	Feb 19 - Feb 23
	Broccoli (3/4c)	Carrots (1/2c)	Green Beans (3/4c)	Broccoli (3/4 c)	Normandy blend (1/2c)	Mar 18 - Mar 22 Apr 15 - Apr 19
	Brown Rice Pilaf*(3/4c) (1/4c veg, Whole Grain Bread* (1oz)	Whole Grain Bread* (1oz)	Whole Grain Bread* (2oz)	Brown Rice Pilaf*(3/4c) (1/4c veg, Whole Grain Bread* (1oz)	Cinnamon Apples(1/2c)	May 13 - May 17
	Butter	Butter	Butter	Butter	Whole Grain Bread* (2oz)	Jun 10 - Jun 14
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	Butter	
					1% Milk (8 oz)	

This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).
*whole grain

MENU PREPARED BY: Metz Culinary Management
DIETITIAN SIGNATURE: _____
DATE: 11/28/2023
MENU SERVICE DATES: Jan 1, 2023-June 30, 2023