

Mix and Match Menu

All meals include a side of bread (sliced, bun, tortilla, or biscuit), fruit (fruit cup or applesauce), and fresh 1% milk.

BREAKFAST

Veggie Frittata with green peas and hot spiced apples. **CC***, **LS**, **V**

Cheese Omelet with hash brown casserole and biscuit with country gravy. **CC**, **V**

SANDWICHES

Chicken Philly Sandwich with onions and peppers and corn. **CC**, **LS**

BBQ Pulled Pork Sandwich with baked beans and mixed vegetables.

ITALIAN-INSPIRED

Meatball Sub with shredded mozzarella cheese and green beans. **CC**

Cheese Ravioli with marinara sauce, peas and carrots, served with Garlic Texas Toast. **CC***, **V**

HOMESTYLE FAVORITES

Chicken and Rice Casserole with broccoli. **CC**, **LS**, **GF****

Salisbury Steak with baked sweet potato and green beans. **CC**, **LS**

Turkey with Gravy, roasted red potatoes and corn. **CC***

Potato Crusted Pollock with mac 'n cheese and green peas. **CC**

Pineapple Glazed Ham with whipped cheesy potatoes and mixed vegetables.

Beef Meatloaf with tomato glaze, California veggies, and scalloped potatoes. **CC***, **LS***

ASIAN-INSPIRED

Teriyaki Meatballs with fried rice and stir fry vegetables.

MEXICAN-INSPIRED

Bean and Cheese Enchilada Casserole with green beans and sliced carrots. **CC***, **V**

Fajita Chicken with cilantro lime rice and black beans.

Beef Taco with cilantro lime rice and black beans.

Dietary Info

CC = Consistent Carb items contain between 65–82 grams of carbs

LS = Low Sodium item with less than 750 milligrams of sodium

V = Vegetarian

*When consumed without beverage

** When consumed without bread

