

DELCO FROZEN - APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	B431	B432	B433	B434
	SALSA CHICKEN (3oz EP chicken w/ 2oz tomato, pepper onion sauce) ½ cup Brown Rice ½ cup corn & red peppers 2 oz WW roll, pc marg ½ cup pineapples	MANICOTTI W MEAT SAUCE (1/4 cup PS Ricotta, 2oz gr beef, 2oz tomato sauce, 1/2 cup manicotti shell-1) ½ cup broccoli ½ cup pears w oat topping ½ cup fruit cocktail	BAKED CHICKEN w CHICKEN GRAVY (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrot & peas 2 oz WW roll, pc marg ½ cup applesauce	PEPPER & ONION CHEESE OMELET (3oz cheese omelet, 1oz peppers, 1oz onions) ½ cup cran apple compote ½ cup hash browns 1 slice Rye bread, pc marg Sugar cookie ½ cup apple juice
7	8	9	10	11
B437	B438	B439	B440	B441
PENNE W MEATBALLS -3 (3oz EP ground beef, 1/2 c pasta, 2oz tomato sauce) ½ c broccoli ½ c Carrots Fresh Pear	BBQ CHICKEN THIGH (3oz EP chicken thigh, 1oz BBQ sauce) ½ cup Mixed vegetable ½ cup Veg baked beans 2 oz whole wheat roll, pc margarine ½ cup mandarin oranges	FRENCH ONION MEATLOAF (3oz EP gr beef, 1oz onion gravy) ½ cup green beans ½ cup mashed potatoes 1 slice WW bread, pc marg Sweet muffin ½ cup orange juice	ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY (3oz EP turkey, 2oz light gravy) ½ cup Brussel sprouts ½ cup corn bread stuffing 2 oz whole wheat roll, pc margarine ½ cup pears	CHEESEY OMELET (3oz cheese omelet, 0.5oz mozzarella) ½ cup sautéed spinach and carrots ½ cup cooked apples 1 sl WW rye bread, pc marg ½ cup peaches
14	15	16	17	18
B444	B445	B446	SP-EASTER-FRZ	B436
CHICKEN MARSALA (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup buttery herb red skinned potatoes ½ cup green beans 2oz WW roll, pc margarine ½ cup pineapples	GROUND BEEF AND BEAN CHILI (2oz ground beef, ¼ cup pinto/kidney beans, 2oz sauce, .5oz cheddar cheese) ½ c carrots, cauliflower & broccoli ½ cup sweet corn chocolate chip cookie	MILD CHICKEN & VEGETABLE CURRY (3oz EP diced chicken, 2oz mild tomato curry sauce, ½ cup chateau blend (broccoli, cauliflower, carrot, zucchini)) ½ cup peas ½ cup brown rice 2oz WW roll, pc marg Fresh Orange	GLAZED TURKEY HAM w FRUIT SAUCE ½ c creamed corn ½ c california blend vegetables 1.5 oz WW roll sweet dessert 4 oz apple juice	CRABCAKE & MAC & CHEESE (3oz EP surimi, ½ elbow noodles, 1oz cheddar cheese) ½ cup scalloped tomatoes ½ cup broccoli 1 slice WW bread, pc marg ½ cup pears
21	22	23	24	25
B449	B450	B443	B451	B452
ASIAN GARLIC CHICKEN (3oz EP chicken) ½ cup fried brown rice ½ cup Stir fry veg (broccoli, sugar snap peas, water chestnuts) 2 oz WW roll, pc marg ½ cup mandarin oranges	BAKED ZITI (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce) ½ cup brussel sprouts ½ cup spiced peaches ½ cup berry applesauce	MAPLE GLAZED CHICKEN (3oz EP chicken breast, 1oz maple glaze) ½ cup mashed sweet potato ½ cup sugar snap peas 2 oz WW roll, pc marg Fresh Apple ½ cup orange juice	ITALIAN PULLED PORK (3oz EP pork, 2oz light pork gravy) ½ cup mashed potatoes ½ cup mix vegetables (corn carrot, peas) 2oz WW Roll, pc marg Sweet muffin	RICE & SPINACH STUFFED FISH w DILL SAUCE (3oz EP tilapia, 1oz spinach, 3T rice, 1oz sauce) ½ c broccoli ½ c herb couscous 1 sl WW bread, pc marg ½ cup fruit cocktail
28	29	30		
B430	B431	B432		
BAKED FISH W ITALIAN PARSLEY CREAM SAUCE (3oz EP tilapia, 2oz sauce) ½ cup Italian Blend – zucchini, lima bean, carrot, green bean, cauliflower ½ cup Orzo 2 oz WW roll, pc marg Fresh Orange	SALSA CHICKEN (3oz EP chicken w/ 2oz tomato, pepper onion sauce) ½ cup Brown Rice ½ cup corn & red peppers 2 oz WW roll, pc marg ½ cup pineapples	MANICOTTI W MEAT SAUCE (1/4 cup PS Ricotta, 2oz gr beef, 2oz tomato sauce, 1/2 cup manicotti shell-1) ½ cup broccoli ½ cup pears w oat topping ½ cup fruit cocktail		

DELCO FROZEN - MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			B433	B434
			BAKED CHICKEN w CHICKEN GRAVY (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrot & peas 2 oz WW roll, pc marg ½ cup applesauce	PEPPER & ONION CHEESE OMELET (3oz cheese omelet, 1oz peppers, 1oz onions) ½ cup cran apple compote ½ cup hash browns 1 slice Rye bread, pc marg Sugar cookie ½ cup apple juice
5	6	7	8	9
B437	B438	B439	SPPCA-MOTHER-FRZ	B441
PENNE W MEATBALLS -3 (3oz EP ground beef, 1/2 c pasta, 2oz tomato sauce) ½ c broccoli ½ c Carrots Fresh Pear	BBQ CHICKEN THIGH (3oz EP chicken thigh, 1oz BBQ sauce) ½ cup Mixed vegetable ½ cup Veg baked beans 2 oz whole wheat roll, pc margarine ½ cup mandarin oranges	FRENCH ONION MEATLOAF (3oz EP gr beef, 1oz onion gravy) ½ cup green beans ½ cup mashed potatoes 1 slice WW bread, pc marg Sweet muffin ½ cup orange juice	SLICED ROAST BEEF w/ GRAVY <i>Mashed potatoes</i> <i>Green Beans</i> <i>Dinner Roll</i> <i>Sweet Dessert</i>	CHEESEY OMELET (3oz cheese omelet, 0.5oz mozzarella) ½ cup sautéed spinach and carrots ½ cup cooked apples 1 sl WW rye bread, pc marg ½ cup peaches
12	13	14	15	16
B444	B445	B446	B447	B436
CHICKEN MARSALA (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup buttery herb red skinned potatoes ½ cup green beans 2oz WW roll, pc margarine ½ cup pineapples	GROUND BEEF AND BEAN CHILI (2oz ground beef, ¼ cup pinto/kidney beans, 2oz sauce, .5oz cheddar cheese) ½ c carrots, cauliflower & broccoli ½ cup sweet corn chocolate chip cookie	MILD CHICKEN & VEGETABLE CURRY (3oz EP diced chicken, 2oz mild tomato curry sauce, ½ cup chateau blend (broccoli, cauliflower, carrot, zucchini)) ½ cup peas ½ cup brown rice 2oz WW roll, pc marg Fresh Orange	SLICED BEEF MERLOT (3oz EP sliced beef, 2oz sauce w sautéed onions) ½ cup whipped sweet potatoes ½ cup roasted beets 2oz WW roll, pc margarine ½ cup cinnamon applesauce ½ cup apple juice	CRABCAKE & MAC & CHEESE (3oz EP surimi, ½ elbow noodles, 1oz cheddar cheese) ½ cup scalloped tomatoes ½ cup broccoli 1 slice WW bread, pc marg ½ cup pears
19	20	21	22	23
B449	B450	B443	B451	B452
ASIAN GARLIC CHICKEN (3oz EP chicken) ½ cup fried brown rice ½ cup Stir fry veg (broccoli, sugar snap peas, water chestnuts) 2 oz WW roll, pc marg ½ cup mandarin oranges	BAKED ZITI (¾ cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce) ½ cup brussel sprouts ½ cup spiced peaches ½ cup berry applesauce	MAPLE GLAZED CHICKEN (3oz EP chicken breast, 1oz maple glaze) ½ cup mashed sweet potato ½ cup sugar snap peas 2 oz WW roll, pc marg Fresh Apple ½ cup orange juice	ITALIAN PULLED PORK (3oz EP pork, 2oz light pork gravy) ½ cup mashed potatoes ½ cup mix vegetables (corn carrot, peas) 2oz WW Roll, pc marg Sweet muffin	RICE & SPINACH STUFFED FISH w DILL SAUCE (3oz EP tilapia, 1oz spinach, 3T rice, 1oz sauce) ½ c broccoli ½ c herb couscous 1 sl WW bread, pc marg ½ cup fruit cocktail
26	27	28	29	30
B430	B431	B432	B433	B434
BAKED FISH W ITALIAN PARSLEY CREAM SAUCE (3oz tilapia, 2oz sauce) ½ cup Italian Blend – zucchini, lima bean, carrot, green bean, cauliflower ½ cup Orzo 2 oz WW roll, pc marg Fresh Orange	SALSA CHICKEN (3oz EP chicken w/ 2oz tomato, pepper onion sauce) ½ cup Brown Rice ½ cup corn & red peppers 2 oz WW roll, pc marg ½ cup pineapples	MANICOTTI W MEAT SAUCE (1/4 cup PS Ricotta, 2oz gr beef, 2oz tomato sauce, 1/2 cup manicotti shell-1) ½ cup broccoli ½ cup pears w oat topping ½ cup fruit cocktail	BAKED CHICKEN w CHICKEN GRAVY (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrot & peas 2 oz WW roll, pc marg ½ cup applesauce	PEPPER & ONION CHEESE OMELET (3oz cheese omelet, 1oz peppers, 1oz onions) ½ cup cran apple compote ½ cup hash browns 1 slice Rye bread, pc marg Sugar cookie ½ cup apple juice

DELCO FROZEN - JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
B437	B438	B439	B440	B441
PENNE W MEATBALLS -3 (3oz EP ground beef, 1/2 c pasta, 2oz tomato sauce) ½ c broccoli ½ c Carrots Fresh Pear	BBQ CHICKEN THIGH (3oz EP chicken thigh, 1oz BBQ sauce) ½ cup Mixed vegetable ½ cup Veg baked beans 2 oz whole wheat roll, pc margarine ½ cup mandarin oranges	FRENCH ONION MEATLOAF (3oz EP gr beef, 1oz onion gravy) ½ cup green beans ½ cup mashed potatoes 1 slice WW bread, pc marg Sweet muffin ½ cup orange juice	ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY (3oz EP turkey, 2oz light gravy) ½ cup Brussel sprouts ½ cup corn bread stuffing 2 oz whole wheat roll, pc margarine ½ cup pears	CHEESEY OMELET (3oz cheese omelet, 0.5oz mozzarella) ½ cup sautéed spinach and carrots ½ cup cooked apples 1 sl WW rye bread, pc marg ½ cup peaches
9	10	11	12	13
B444	B445	B446	SPPCA-FATHER-FRZ	B436
CHICKEN MARSALA (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup buttery herb red skinned potatoes ½ cup green beans 2oz WW roll, pc margarine ½ cup pineapples	GROUND BEEF AND BEAN CHILI (2oz ground beef, ¼ cup pinto/kidney beans, 2oz sauce, .5oz cheddar cheese) ½ c carrots, cauliflower & broccoli ½ cup sweet corn chocolate chip cookie	MILD CHICKEN & VEGETABLE CURRY (3oz EP diced chicken, 2oz mild tomato curry sauce, ½ cup chateau blend (broccoli, cauliflower, carrot, zucchini)) ½ cup peas ½ cup brown rice 2oz WW roll, pc marg Fresh Orange	BAKED CHICKEN LEG w/ GRAVY <i>Baked Macaroni & Cheese</i> <i>Collard Greens</i> <i>Dinner Roll</i> <i>Sweet Dessert</i>	CRABCAKE & MAC & CHEESE (3oz EP surimi, ½ elbow noodles, 1oz cheddar cheese) ½ cup scalloped tomatoes ½ cup broccoli 1 slice WW bread, pc marg ½ cup pears
16	17	18	19	20
B449	B450	B443	B451	B452
ASIAN GARLIC CHICKEN (3oz EP chicken) ½ cup fried brown rice ½ cup Stir fry veg (broccoli, sugar snap peas, water chestnuts) 2 oz WW roll, pc marg ½ cup mandarin oranges	BAKED ZITI (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce) ½ cup brussel sprouts ½ cup spiced peaches ½ cup berry applesauce	MAPLE GLAZED CHICKEN (3oz EP chicken breast, 1oz maple glaze) ½ cup mashed sweet potato ½ cup sugar snap peas 2 oz WW roll, pc marg Fresh Apple ½ cup orange juice	ITALIAN PULLED PORK (3oz EP pork, 2oz light pork gravy) ½ cup mashed potatoes ½ cup mix vegetables (corn carrot, peas) 2oz WW Roll, pc marg Sweet muffin	RICE & SPINACH STUFFED FISH w DILL SAUCE (3oz EP tilapia, 1oz spinach, 3T rice, 1oz sauce) ½ c broccoli ½ c herb couscous 1 sl WW bread, pc marg ½ cup fruit cocktail
23	24	25	26	27
B430	B431	B432	B433	B434
BAKED FISH W ITALIAN PARSLEY CREAM SAUCE (3oz tilapia, 2oz sauce) ½ cup Italian Blend – zucchini, lima bean, carrot, green bean, cauliflower ½ cup Orzo 2 oz WW roll, pc marg Fresh Orange	SALSA CHICKEN (3oz EP chicken w/ 2oz tomato, pepper onion sauce) ½ cup Brown Rice ½ cup corn & red peppers 2 oz WW roll, pc marg ½ cup pineapples	MANICOTTI W MEAT SAUCE (1/4 cup PS Ricotta, 2oz gr beef, 2oz tomato sauce, 1/2 cup manicotti shell-1) ½ cup broccoli ½ cup pears w oat topping ½ cup fruit cocktail	BAKED CHICKEN w CHICKEN GRAVY (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrot & peas 2 oz WW roll, pc marg ½ cup applesauce	PEPPER & ONION CHEESE OMELET (3oz cheese omelet, 1oz peppers, 1oz onions) ½ cup cran apple compote ½ cup hash browns 1 slice Rye bread, pc marg Sugar cookie ½ cup apple juice
30				
B444				
CHICKEN MARSALA (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup buttery herb red skinned potatoes ½ cup green beans 2oz WW roll, pc margarine ½ cup pineapples				