

ALEXANDRIA HOT & SEALED MEALS MENU

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			3OZ TURKEY SLOPPY JOE 1/2 CUP ROASTED SWEET POTATO 1 CUP GREEN BEANS 2OZ WG BURGER BUN 1/2 CUP APPLESAUCE 8OZ MILK	3OZ CHICKEN ENCHILADA CASSEROLE 1/2 CUP SPANISH RICE 1 CUP ROASTED ZUCCHINI 2OZ WG CORNBREAD/BUTTER FRESH APPLE 8OZ MILK
5	6	7	8	9
3OZ BEEF MEATBALL SUB 1/2OZ PROVOLONE CHEESE 1 CUP GREEN BEANS 2OZ WG SUB ROLL 1/2 CUP APPLESAUCE 8OZ MILK	3OZ BLACKENED SHRIMP 1/2 CUP CREAMY WG PESTO PASTA 1 CUP SAUTEED SPINACH 2OZ WG CORNBREAD/BUTTER FRESH BANANA 8OZ MILK	3OZ CHICKEN LO MEIN 1/2 CUP WG NOODLES 1 CUP STIR FRY VEGETABLES 2OZ WG DINNER ROLL/BUTTER FRESH ORANGE 8OZ MILK	3OZ TURKEY BURGER/1OZ CHEESE 1/2 CUP ROASTED SWEET POTATOES 1 CUP ROASTED VEGETABLES 2OZ WG BUN FRESH APPLE 8OZ MILK	3OZ BBQ CHICKEN 1/2 CUP WG MAC & CHEESE 1/2 CUP BAKED BEANS & 1 CUP GREEN BEANS 2OZ WG CORNBREAD/BUTTER 1/2 CUP APPLESAUCE 8OZ MILK
12	13	14	15	16
1 CUP TURKEY TETRAZZINI 1/2 CUP WG MINI SHELLS PASTA 1 CUP PEAS, CARROTS & ZUCCHINI 2OZ WG DINNER ROLL/BUTTER FRESH ORANGE 8OZ MILK	3OZ GREEK CHICKEN BOWL 1/2 CUP FETA/TZATZIKI/LEMON RICE 1 CUP ROASTED VEGETABLES 2OZ WG PITA BREAD 1/2 CUP APPLESAUCE 8OZ MILK	3OZ TERIYAKI BEEF MEATBALLS 1/2 CUP BROWN RICE 1 CUP STIR FRY VEGETABLES 2OZ WG DINNER ROLL/BUTTER FRESH BANANA 8OZ MILK	3OZ CHICKEN MARSALA 1/2 CUP MASHED POTATOES 1 CUP GREEN BEANS 2OZ WG DINNER ROLL/BUTTER FRESH APPLE 8OZ MILK	3OZ CREAMY TUSCAN SHRIMP 1/2 CUP WG CAVATAPPI PASTA 1 CUP SAUTEED SPINACH 2OZ WG CORNBREAD/BUTTER 1/2 CUP APPLESAUCE 8OZ MILK
19	20	21	22	23
3OZ BEEF RAVIOLI W/PARMESAN 1 CUP MARINARA SAUCE 1 CUP SAUTEED SPINACH 2OZ WG DINNER ROLL/BUTTER FRESH APPLE 8OZ MILK	3OZ TURKEY SAUSAGE QUICHE 1/2 CUP SWEET POTATO HASH 1 CUP SAUTEED PEPPERS 2OZ WG BISCUIT/BUTTER 1/2 CUP APPLESAUCE 8OZ MILK	3OZ GARLIC BUTTER FLOUNDER 1/2 CUP MASHED POTATOES 1 CUP CARROTS & PEAS 2OZ DINNER ROLL/BUTTER FRESH BANANA 8OZ MILK	3OZ CREAMY TUSCAN CHICKEN 1/2 CUP WG GNOCCHI PASTA 1 CUP GREEN BEANS 2OZ WG CORNBREAD/BUTTER 1/2 CUP FRUIT CUP 8OZ MILK	1 CUP WHITE TURKEY & BEAN CHILI 1/2 CUP BROWN RICE 1 CUP SAUTEED SPINACH 2OZ WG CORNBREAD/BUTTER FRESH ORANGE 8OZ MILK
26	27	28	29	30
3OZ GROUND BEEF TACOS 1/2 CUP REFRIED BEANS 1/2 CUP RICE & 1 CUP PEPPERS & ONIONS 2OZ WG FLOUR TORTILLAS FRESH APPLE 8OZ MILK	3OZ TURKEY LASAGNA 1/2 CUP WG PASTA 1 CUP ROASTED VEGETABLES 2OZ WG DINNER ROLL/BUTTER FRESH ORANGE 8OZ MILK	3OZ CHICKEN COQ AU VIN 1/2 CUP MASHED POTATOES 1 CUP CARROTS, ONIONS, MUSHROOMS 2OZ WG DINNER ROLL/BUTTER FRESH APPLE 8OZ MILK	3OZ SALMON PATTY W/TARTAR 1/2 CUP RICE PILAF 1 CUP MIXED VEGETABLES 2OZ WG CORNBREAD/BUTTER FRESH BANANA 8OZ MILK	3OZ HOISIN CHICKEN 1/2 CUP FRIED RICE 1 CUP STIR FRY VEGETABLES 2OZ WG DINNER ROLL/BUTTER 1/2 CUP APPLESAUCE 8OZ MILK