

Name: _____ Date: _____

Ahlers Meals Choice Menu

Place your meal counts in the box and write your side choices below when applicable.

Code	Name & Description	Meal Count	Side Selection
BREAKFAST			
3006	Biscuits with Pork Sausage Gravy 🥛🌾🥄 — Choose 1 Fruit		
6013	Scrambled Eggs With Pork Sausage, Roasted Potatoes, Spiced Peaches 🥛🍌🌾 — Choose 1 Grain		
3008	English Muffin with Pork Sausage, Egg, and American Cheese - 🥛🍌🌾 — Choose 1 Fruit		
3009	English Muffin with Canadian Bacon, Egg, and American Cheese - 🥛🍌🌾 — Choose 1 Fruit		
3004	Cheese Omelet With Salsa, Potatoes, Peaches 🥛🍌 — Choose 1 Grain, 1 Fruit		
3003	Pancakes With Scrambled Eggs, Roasted Potatoes 🥛🍌🌾🥄 — Choose 1 Fruit		
3010	English Muffin with Turkey Bacon, Egg, and American Cheese 🥛🍌🌾 — Choose 1 Fruit		
PORK			
2011	Smoked Pork Sausage With Peppers And Onions, Peas, Roasted Potatoes 🥛 — Choose 1 Grain And 1 Fruit		
2062	Gnocchi Carbonara With Peas, Green Beans 🥛🌾🥄 — Choose 1 Fruit		
7004	Jamaican Pork Roast, Key West Vegetable Blend, Mashed Potatoes 🥛🌾🥄 — Choose 1 Grain And 1 Fruit		
POULTRY			
7016	Country Turkey Ham And Beans, Collard Greens, Carrots - Choose 1 Grain & 1 Fruit		
2056	Ginger BBQ Chicken With Whipped Sweet Potatoes, Collard Greens 🐔🥄 — Choose 1 Grain And 1 Fruit		
7007	Chicken & White Bean Chili, Broccoli, Corn 🥛🥄 — Choose 1 Grain And 1 Fruit		
2004	Teriyaki Chicken And Noodles, Stir Fry Vegetables 🥛🍌🌾🥄🐔🥄🥥🍌🍷		
2043	Chicken Marsala, Roasted Potatoes, Broccoli With Red Peppers 🥛🌾🥄 — Choose 1 Fruit		
2058	Orange Chicken, White Rice Pilaf, Broccoli 🥛🌾🥄 — Choose 1 Fruit		
4001	Oven Fried Chicken With White Rice, Carrots 🌾 — Choose 1 Fruit		
6006	Turkey Breast With Gravy, Roasted Sweet Potatoes, Green Beans 🥛🌾🥄 — Choose 1 Grain And 1 Fruit		
6009	Herb Marinated Chicken, Mashed Potatoes, Asparagus 🥛🌾 — Choose 1 Grain And 1 Fruit		
6010	Smothered Chicken With Gravy, Rice Pilaf, Collard Greens 🥛🌾🥄 — Choose 1 Fruit		
6011	Lemon Pepper Chicken, Broccoli, Mashed Potatoes 🥛🌾🥄 — Choose 1 Grain And 1 Fruit		
6020	Chicken & Noodles, Broccoli, Applesauce 🥛🌾🥄🍌 — Choose 1 Fruit & 1 Grain		
7009	Chicken And Broccoli Casserole, Capri Vegetables 🥛🌾🥄 — Choose 1 Fruit		
6002	Chicken Cacciatore, Ma\$hed Potatoes, Broccoli 🥛🥄 — Choose 1 Grain And 1 Fruit		
7011	Southwest Pasta With Turkey, Corn, Peas 🥛🌾 — Choose 1 Fruit		
4009	Chicken Roma YWith Pasta, Italian Vegetables 🥛🌾🥄 — Choose 1 Fruit		

2036	Burrito Bowl With Shredded Chicken, Fajita Vegetables, Black Beans, Cilantro Lime Rice  — Choose 1 Fruit		
6017	Chicken Parmesan, California Vegetables, Roast Potatoes   — Choose 1 Fruit		
VEGETARIAN			
5008	Vegetable Chili, Turnip Greens, Roasted Sweet Potatoes  — Choose 1 Grain And 1 Fruit		
5006	Vegetable Lasagna, Carrots, Lima Beans    — Choose 1 Fruit		
5007	Plant-Based Chicken And Broccoli Casserole, Capri Vegetables    — Choose 1 Fruit		
5010	Stir Fry With Plant-Based Strips, Brown Rice     — Choose 1 Fruit		
5004	Spaghetti With Vegetarian Meatballs, Broccoli, Carrots    — Choose 1 Fruit		
SEAFOOD			
7020	Herb Crusted Cape Hake w/Tartar Sauce, Roasted Potatoes, Broccoli    — Choose 1 Grain And 1 Fruit		
6018	Potato Pollock w/Tartar Sauce, Broccoli, Carrots    — Choose 1 Grain And 1 Fruit		
BEEF			
2003	Sloppy Joe With Wheat Bun, Roasted Sweet Potatoes, Brussels Sprouts With Onions    — Choose 1 Fruit		
2016	Grilled Hamburger With Wheat Bun, Festive Green Beans, Mac And Cheese     — Choose 1 Fruit		
2028	Cheesy Smothered Steak, White Rice Pilaf, Peas    — Choose 1 Fruit		
2034	Country Fried Steak With Gravy, Spinach, Baked Potatoes    — Choose 1 Grain And 1 Fruit		
6001	Beef Pot Roast With Gravy, Mashed Potatoes, California Vegetables    — Choose 1 Grain And 1 Fruit		
6004	Cubed Steak With Mushroom Gravy, Mixed Vegetables, Collard Greens  — Choose 1 Grain And 1 Fruit		
6007	Beef And Cabbage Stew, Carrots, Sliced Apples    — Choose 1 Grain		
6008	Italian Beef Pasta, Broccoli W/Red Peppers, Green Beans    — Choose 1 Fruit		
6014	Indiana Style Chili Mac, Green Beans, Carrots    — Choose 1 Fruit		
6016	Swedish Meatballs, Broccoli, Carrots, Brown Rice    — Choose 1 Fruit		
6019	Meatloaf With Gravy, Mashed Potatoes, Brussels Sprouts    — Choose 1 Grain And 1 Fruit		
7013	Spaghetti and Meatballs w/Parmesan Cheese, California Veggies and Green Beans    - Choose 1 Fruit		

YOUR CHOICE OPTIONS

When your meal includes a choice, select one item from each applicable category below.

GRAIN OPTIONS

- Wheat Bread
- Dinner Roll
- Wheat Crackers
- Whole Grain Corn Muffin
- Rice Krispies
- Raisin Bran
- Toasted Oats
- Corn Flakes
- Oatmeal



FRUIT / JUICE OPTIONS

- Cranberry Juice
- Grape Juice
- Apple Juice
- Orange Juice
- Diced Pears
- Diced Peaches
- Strawberry Applesauce
- Cinnamon Applesauce

MILK OPTIONS

Meals are served with 8oz of

- Lowfat Dry Milk



Questions? 1-844-506-8487
Substitutions may be made if a product is not available.Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Allergen Icon Key:

 = Milk

 = Tree Nuts

 = Fish

 = Sesame

 = Egg

 = Wheat

 = Soy

 = Peanuts

 = Shell Fish