

Galveston Cycle 4, 2021 Final Menu October - December



Monday☑	Tuesday☑	Wednesday☑	Thursday☑	Friday☑
Lemon Pepper Fish Confetti Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk Tartar Sauce <i>674 Calories 852mg Sodium</i> 10/4, 11/15, Closed	Chicken Piccata Green Peas Cauliflower Texas Bread Fresh Fruit Milk <i>606 Calories 1046mg Sodium</i> 10/5, 11/16, 12/28	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Fruited Lime Gelatin Milk <i>649 Calories 757mg Sodium</i> 10/6, 11/17, 12/29	Ham and Lima Beans+ Stewed Tomatoes Mixed Greens Cornbread Sugar Cookie Milk Margarine <i>752 Calories 1066mg Sodium</i> 10/7, Birthday, New Year's Day	Sloppy Joe Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>643 Calories 1380mg Sodium</i> 10/8, 11/19, Closed
Dijon Chicken Meatballs# Pasta Florentine Italian Vegetables Texas Bread Fresh Fruit Milk <i>619 Calories 823mg Sodium</i> 10/11, 11/22	Beef Frito Pie Green Beans Broccoli Corn Chips# Fresh Fruit Milk <i>865 Calories 1092mg Sodium</i> 10/12, 11/23	Turkey Breast with Gravy* Macaroni and Cheese Sliced Carrots Dinner Roll Brownie Milk <i>791 Calories 1501mg Sodium</i> 10/13, Thanksgiving	Beef Taco Pinto Beans Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce <i>637 Calories 1290mg Sodium</i> 10/14, Closed	Honey Mustard Chicken Brussels Sprouts Diced Beets Wheat Bread Strawberry Swirl Pudding Milk <i>611 Calories 965mg Sodium</i> 10/15, Closed
Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk <i>626 Calories 1142mg Sodium</i> 10/18, 11/29	Baked Chicken with Gravy Mashed Spiced Yams Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk <i>700 Calories 706mg Sodium</i> 10/19, 11/30	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>798 Calories 1224mg Sodium</i> 10/20, 12/1	Spinach Chicken# Chuckwagon Corn Broccoli Wheat Bread Fruited Cherry Gelatin Milk <i>603 Calories 1025mg Sodium</i> Birthday, 12/2	Turkey Rice Casserole* Glazed Carrots Cauliflower Wheat Bread Fresh Fruit Milk <i>629 Calories 595mg Sodium</i> 10/22, 12/3
Creamy Paprika Chicken Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit Milk <i>613 Calories 871mg Sodium</i> 10/25, 12/6	Sausage with Lentils+ Dirty Rice# Medley Cabbage Wheat Bread Lemon Pudding Milk <i>800 Calories 1027mg Sodium</i> 10/26, 12/7	Marinara Chicken Meatballs Parslied Penne Pasta Green Beans Texas Bread Fresh Fruit Milk <i>651 Calories 755mg Sodium</i> 10/27, 12/8	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup <i>794 Calories 967mg Sodium</i> 10/28, 12/9	Buffalo Ranch Chicken# Potato Wedges Catalina Vegetables Wheat Bread Sugar Cookie Milk <i>631 Calories 1240mg Sodium</i> 10/29, 12/10
Beef Spaghetti Casserole Green Beans with Onions Cauliflower Texas Bread Fresh Fruit Milk <i>646 Calories 1393mg Sodium</i> 11/1, 12/13	Chicken Nuggets Parslied Rice Lemon Brussels Sprouts Wheat Bread Fresh Banana Milk Barbeque Sauce <i>736 Calories 783mg Sodium</i> 11/2, 12/14	Smoked Sausage+ Oven Roasted Potatoes Broccoli Hot Dog Bun Fruited Lemon Gelatin Milk Mustard <i>602 Calories 1312mg Sodium</i> 11/3, 12/15	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Wheat Bread Oatmeal Raisin Cookie Milk <i>638 Calories 995mg Sodium</i> 11/4, Birthday	Salisbury Beef Brown Gravy Ranch Whipped Potatoes Summer Vegetables Wheat Bread Fresh Fruit Milk <i>714 Calories 793mg Sodium</i> 11/5, 12/17
Chicken Fajita Mexican Rice with Corn# Fiesta Vegetables Flour Tortilla Fresh Fruit Milk Taco Sauce <i>601 Calories 687mg Sodium</i> 11/8, 12/20	Beef Stroganoff Broccoli Cauliflower Texas Bread Fresh Fruit Milk <i>605 Calories 1174mg Sodium</i> 11/9, 12/21	Lemon Caper Chicken Whipped Potatoes Dilled Carrots Wheat Bread Cinnamon Swirl Pudding Milk <i>608 Calories 853mg Sodium</i> 11/10, 12/22	BBQ Pork Rib Patty+ Baked Beans Cabbage Wheat Bread Fresh Fruit Milk <i>672 Calories 866mg Sodium</i> 11/11, Christmas	Chicken Salad Corn Salad Cold Pickled Beets# Saltine Crackers Nuttty Buddy Bar Milk <i>649 Calories 802mg Sodium</i> 11/12, Closed
Thanksgiving - 11/24	Christmas - 12/23	New Year's Day - 12/30		
Turkey Breast with Gravy* Cornbread Dressing Green Beans Dinner Roll Chocolate Chip Cookie Milk Cranberry Sauce <i>646 Calories 1386mg Sodium</i>	Cherry Glazed Ham+ Sweet Potato Casserole Herbed Green Beans Dinner Roll Graham Crackers Milk Margarine <i>626 Calories 928mg Sodium</i>	Pineapple Glazed Ham+ Black-Eyed Peas Medley Cabbage Cornbread Sugar Cookie Milk Margarine <i>621 Calories 1011mg Sodium</i>	* - Turkey + - Pork # - New Menu Item	

Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463