

Galveston Cycle 4, 2021 Final Menu October



Monday☑	Tuesday☑	Wednesday☑	Thursday☑	Friday☑
				10/1/2021
				Onion Chicken Mashed Spiced Yams Cabbage Wheat Bread Fresh Banana Milk <i>656 Calories 669mg Sodium</i>
10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
Lemon Pepper Fish Confetti Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk Tartar Sauce <i>674 Calories 852mg Sodium</i>	Chicken Piccata Green Peas Cauliflower Texas Bread Fresh Fruit Milk <i>606 Calories 1046mg Sodium</i>	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Fruited Lime Gelatin Milk <i>649 Calories 757mg Sodium</i>	Ham and Lima Beans+ Stewed Tomatoes Mixed Greens Cornbread Sugar Cookie Milk Margarine <i>752 Calories 1066mg Sodium</i>	Sloppy Joe Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>643 Calories 1380mg Sodium</i>
10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
Dijon Chicken Meatballs# Pasta Florentine Italian Vegetables Texas Bread Fresh Fruit Milk <i>619 Calories 823mg Sodium</i>	Beef Frito Pie Green Beans Broccoli Corn Chips# Fresh Fruit Milk <i>865 Calories 1092mg Sodium</i>	Turkey Breast with Gravy* Macaroni and Cheese Sliced Carrots Dinner Roll Brownie Milk <i>791 Calories 1501mg Sodium</i>	Beef Taco Pinto Beans Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce <i>637 Calories 1290mg Sodium</i>	Honey Mustard Chicken Brussels Sprouts Diced Beets Wheat Bread Strawberry Swirl Pudding Milk <i>611 Calories 965mg Sodium</i>
10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk <i>626 Calories 1142mg Sodium</i>	Baked Chicken with Gravy Mashed Spiced Yams Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk <i>700 Calories 706mg Sodium</i>	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>798 Calories 1224mg Sodium</i>	Spinach Chicken# Chuckwagon Corn Broccoli Wheat Bread Birthday Cake Milk  <i>655 Calories 1013mg Sodium</i>	Turkey Rice Casserole* Glazed Carrots Cauliflower Wheat Bread Fresh Fruit Milk <i>629 Calories 595mg Sodium</i>
10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
Creamy Paprika Chicken Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit Milk <i>613 Calories 871mg Sodium</i>	Sausage with Lentils+ Dirty Rice# Medley Cabbage Wheat Bread Lemon Pudding Milk <i>800 Calories 1027mg Sodium</i>	Marinara Chicken Meatballs Parslied Penne Pasta Green Beans Texas Bread Fresh Fruit Milk <i>651 Calories 755mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup <i>794 Calories 967mg Sodium</i>	Buffalo Ranch Chicken# Potato Wedges Catalina Vegetables Wheat Bread Sugar Cookie Milk <i>631 Calories 1240mg Sodium</i>

* - Turkey

+ - Pork

- New Menu Item

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