

Galveston Cycle 4, 2021 Final Menu December



Monday	Tuesday	Wednesday	Thursday	Friday
		12/1/2021	12/2/2021	12/3/2021
		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 Fruited Cherry Gelatin Milk <i>603 Calories 1025mg Sodium</i>	Turkey Rice Casserole* Glazed Carrots Cauliflower Wheat Bread Fresh Fruit Milk <i>629 Calories 595mg Sodium</i>
12/6/2021	12/7/2021	12/8/2021	12/9/2021	12/10/2021
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>
12/13/2021	12/14/2021	12/15/2021	12/16/2021	12/17/2021
Beef Spaghetti Casserole Green Beans with Onions Cauliflower Texas Bread Fresh Fruit Milk <i>646 Calories 1393mg Sodium</i>	Chicken Nuggets Parslied Rice Lemon Brussels Sprouts Wheat Bread Fresh Banana Milk Barbeque Sauce <i>736 Calories 783mg Sodium</i>	Smoked Sausage+ Oven Roasted Potatoes Broccoli Hot Dog Bun Fruited Lemon Gelatin Milk Mustard <i>602 Calories 1312mg Sodium</i>	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Wheat Bread Birthday Cake Milk  <i>699 Calories 1034mg Sodium</i>	Salisbury Beef Brown Gravy Ranch Whipped Potatoes Summer Vegetables Wheat Bread Fresh Fruit Milk <i>714 Calories 793mg Sodium</i>
12/20/2021	12/21/2021	12/22/2021	12/23/2021	12/24/2021
Chicken Fajita Mexican Rice with Corn# Fiesta Vegetables Flour Tortilla Fresh Fruit Milk Taco Sauce <i>601 Calories 687mg Sodium</i>	Beef Stroganoff Broccoli Cauliflower Texas Bread Fresh Fruit Milk <i>605 Calories 1174mg Sodium</i>	Lemon Caper Chicken Whipped Potatoes Dilled Carrots Wheat Bread Cinnamon Swirl Pudding Milk <i>608 Calories 853mg Sodium</i>	Christmas Cherry Glazed Ham+ Sweet Potato Casserole Herbed Green Beans Dinner Roll Graham Crackers Milk Margarine <i>626 Calories 928mg Sodium</i>	Closed for Holiday
12/27/2021	12/28/2021	12/29/2021	12/30/2021	12/31/2021
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>	New Year's Day Pineapple Glazed Ham+ Black-Eyed Peas Medley Cabbage Cornbread Sugar Cookie Milk Margarine <i>621 Calories 1011mg Sodium</i>	Closed for Holiday

* - Turkey

+ - Pork

- New Menu Item

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