

Galveston Cycle 1, 2022 Final Menu January



Monday☑	Tuesday☑	Wednesday☑	Thursday☑	Friday☑
1/3/2022	1/4/2022	1/5/2022	1/6/2022	1/7/2022
Swiss Steak Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Fresh Fruit Milk <i>604 Calories 588mg Sodium</i>	Creole Chicken# Cajun Rice Spinach Texas Bread Animal Crackers Milk <i>623 Calories 1078mg Sodium</i>	Beef Spaghetti Casserole Green Beans Seasoned Cauliflower Wheat Bread Fresh Fruit Milk <i>621 Calories 831mg Sodium</i>	Fajita Chicken Cilantro Lime Corn Glazed Carrots Flour Tortilla Oreo Vanilla Pudding Milk Taco Sauce <i>655 Calories 989mg Sodium</i>	Swedish Veggie Meatballs# Parslied Rice Mixed Vegetables Wheat Bread Zee Zee Bar Milk <i>699 Calories 800mg Sodium</i>
1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022
Turkey Macaroni and Cheese* Lemon Broccoli Glazed Beets Wheat Bread Nutty Buddy Bar Milk <i>682 Calories 867mg Sodium</i>	Baked Chicken with Gravy Green Peas Brussels Sprouts Dinner Roll Fresh Fruit Milk <i>656 Calories 786mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Tater Gems Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup <i>653 Calories 1204mg Sodium</i>	Pineapple Glazed Ham+ Lima Beans Country Tomatoes Cornbread Fresh Fruit Milk Margarine <i>691 Calories 971mg Sodium</i>	Beef Taco Spanish Rice Fiesta Vegetables Flour Tortilla Oatmeal Cream Cookie Milk Taco Sauce <i>638 Calories 870mg Sodium</i>
1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022
Closed for Holiday	Mexican Beef Casserole Whole Kernel Corn Broccoli Wheat Bread Graham Crackers Milk <i>697 Calories 1014mg Sodium</i>	10 Grain Pollock Rice Glazed Carrots Wheat Bread Fig Bar Milk Tartar Sauce <i>737 Calories 925mg Sodium</i>	Sloppy Joe Baked Beans Cauliflower Hamburger Bun Birthday Cake Milk  <i>712 Calories 985mg Sodium</i>	Vegetable Lasagna Herbed Green Beans Lemon Brussels Sprouts Texas Bread Fresh Fruit Milk <i>642 Calories 889mg Sodium</i>
1/24/2022	1/25/2022	1/26/2022	1/27/2022	1/28/2022
Meatloaf Brown Gravy Whipped Potatoes Spring Vegetables Dinner Roll Fresh Fruit Milk <i>730 Calories 913mg Sodium</i>	King Ranch Chicken Yellow Rice Cauliflower Wheat Bread Fresh Fruit Milk <i>614 Calories 846mg Sodium</i>	Turkey Breast with Gravy* Lima Beans Okra and Tomatoes Cornbread Fudge Cream Cookie Milk Margarine <i>747 Calories 1215mg Sodium</i>	Chicken Piccata Penne Noodles Broccoli Texas Bread Fresh Fruit Milk <i>646 Calories 942mg Sodium</i>	Tuna Noodle Au Gratin# Green Beans Parslied Carrots Wheat Bread Graham Crackers Milk <i>604 Calories 877mg Sodium</i>
1/31/2022				
Sesame Chicken# Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>603 Calories 919mg Sodium</i>				* - Turkey + - Pork # - New Menu Item

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463