

# Galveston Cycle 1, 2022 Final Menu February



Monday☑	Tuesday☑	Wednesday☑	Thursday☑	Friday☑
	2/1/2022	2/2/2022	2/3/2022	2/4/2022
	Beef with Mushroom Gravy Whipped Potatoes Herbed Brussels Sprouts Wheat Bread Sugar Cookie Milk  <i>666 Calories 937mg Sodium</i>	Turkey Tetrizzini* Stewed Tomatoes Broccoli Green Beans Wheat Bread Fresh Fruit Milk  <i>634 Calories 671mg Sodium</i>	Polish Sausage## Ranch Beans Peas and Carrots Hot Dog Bun Fruited Cherry Gelatin Milk Mustard  <i>890 Calories 1606mg Sodium</i>	Macaroni and Cheese Cauliflower Diced Beets Texas Bread Fresh Banana Milk  <i>779 Calories 1107mg Sodium</i>
2/7/2022	2/8/2022	2/9/2022	2/10/2022	2/11/2022
Lemon Pepper Pork+ Lentils Country Tomatoes Wheat Bread Fresh Fruit Milk  <i>674 Calories 769mg Sodium</i>	Chicken Marsala Pasta Florentine Broccoli Texas Bread Cinnamon Swirl Pudding Milk  <i>670 Calories 1126mg Sodium</i>	Beef Chili with Beans Parslied Rice Tangy Spinach Cornbread Fresh Fruit Milk Margarine  <i>787 Calories 862mg Sodium</i>	Herb Marinated Chicken# Scalloped Potatoes Garden Vegetables Texas Bread Oreo Cookies Milk  <i>625 Calories 1438mg Sodium</i>	Fish Sticks Black-Eyed Peas Glazed Carrots Wheat Bread Nutty Buddy Bar Milk Tartar Sauce  <i>606 Calories 804mg Sodium</i>
2/14/2022	2/15/2022	2/16/2022	2/17/2022	2/18/2022
<b>Valentine's Day</b> Lemon Butter Chicken Mashed Spiced Yams Catalina Vegetables Dinner Roll Sugar Cookie Milk  <i>624 Calories 881mg 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 Birthday Cake Milk  Taco Sauce  <i>639 Calories 901mg Sodium</i>	Swedish Veggie Meatballs# Parslied Rice Mixed Vegetables Wheat Bread Zee Zee Bar Milk  <i>699 Calories 800mg Sodium</i>
2/21/2022	2/22/2022	2/23/2022	2/24/2022	2/25/2022
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>
2/28/2022				
Marinara Chicken Meatballs Pesto Penne Pasta# Green Peas with Onions Dinner Roll Fresh Fruit Milk  <i>679 Calories 769mg Sodium</i>				

\* - Turkey  
+ - Pork  
# - New Menu Item

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