



Galveston Cycle 1, 2022 Final Menu March



Monday	Tuesday	Wednesday	Thursday	Friday
	3/1/2022	3/2/2022	3/3/2022	3/4/2022
	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 Fruited Lime Gelatin Milk <i>656 Calories 997mg Sodium</i>	Vegetable Lasagna Herbed Green Beans Lemon Brussels Sprouts Texas Bread Fresh Fruit Milk <i>642 Calories 889mg Sodium</i>
3/7/2022	3/8/2022	3/9/2022	3/10/2022	3/11/2022
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>
3/14/2022	3/15/2022	3/16/2022	3/17/2022	3/18/2022
Sesame Chicken# Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>603 Calories 919mg Sodium</i>	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 Birthday Cake Milk Mustard  <i>942 Calories 1623mg Sodium</i>	Macaroni and Cheese Cauliflower Diced Beets Texas Bread Fresh Banana Milk <i>779 Calories 1107mg Sodium</i>
3/21/2022	3/22/2022	3/23/2022	3/24/2022	3/25/2022
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>
3/28/2022	3/29/2022	3/30/2022	3/31/2022	
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>	* - Turkey + - Pork # - New Menu Item

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