

Houston Cycle 2, 2022 Final Menu April



Monday	Tuesday	Wednesday	Thursday	Friday
				4/1/2022
				Swedish Veggie Meatballs# Parslied Rice Mixed Vegetables Wheat Bread Zee Zee Bar Milk 699 Calories 800mg Sodium
4/4/2022	4/5/2022	4/6/2022	4/7/2022	4/8/2022
Turkey Rice Casserole* Broccoli Country Tomatoes Wheat Bread Fudge Cream Cookie Milk 661 Calories 736mg Sodium	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk 800 Calories 860mg Sodium	Southwest Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Banana Milk 651 Calories 789mg Sodium	Polish Sausage+ Lentils Sliced Carrots Wheat Bread Strawberry Gelatin Milk 795 Calories 1381mg Sodium	Bean Tamale Pie Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk 603 Calories 362mg Sodium
4/11/2022	4/12/2022	4/13/2022	4/14/2022	4/15/2022
Marinara Chicken Meatballs Green Peas Broccoli and Cauliflower Texas Bread Nutty Buddy Bar Milk 642 Calories 908mg Sodium	Ham and Black-Eyed Peas+ Okra and Tomatoes Glazed Beets Texas Bread Fresh Banana Milk Margarine 608 Calories 1033mg Sodium	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk 704 Calories 701mg Sodium	Easter Cherry Glazed Ham+ Twice Whipped Potatoes Catalina Vegetables Dinner Roll Sugar Cookie Milk 605 Calories 1084mg Sodium	Hamburger Patty Baked Beans Sliced Carrots Hamburger Bun Oreo Cookies Milk Mustard and Ketchup 712 Calories 968mg Sodium
4/18/2022	4/19/2022	4/20/2022	4/21/2022	4/22/2022
Meatloaf with Tomato Gravy Rice Lemon Brussels Sprouts Wheat Bread Chocolate Chip Cookie Milk 647 Calories 1191mg Sodium	Chicken Piccata Herbed Green Peas Ginger Carrots Texas Bread Chocolate Pudding Milk 741 Calories 1294mg Sodium	Turkey Breast with Gravy* Whipped Potatoes Green Beans Texas Bread Fresh Banana Milk 615 Calories 1238mg Sodium	Beef Taco Pinto Beans Mexican Style Tomatoes Flour Tortilla Birthday Cake Milk  Taco Sauce 656 Calories 1020mg Sodium	BBQ Pork Rib Patty+ Whole Kernel Corn California Vegetables Wheat Bread Lime Gelatin Milk 630 Calories 1001mg Sodium
4/25/2022	4/26/2022	4/27/2022	4/28/2022	4/29/2022
Swedish Chicken Meatballs Rice Italian Vegetables Wheat Bread Oatmeal Cream Cookie Milk 684 Calories 633mg Sodium	Swiss Steak Whipped Potatoes Herbed Green Beans Wheat Bread Graham Crackers Milk 611 Calories 617mg Sodium	Mexican Chicken Chili Broccoli Glazed Carrots Wheat Bread Brownie Milk 694 Calories 1071mg Sodium	Pineapple Glazed Ham+ Lima Beans Diced Beets Cornbread Fresh Fruit Milk Margarine 692 Calories 1002mg Sodium	Smothered Chicken Lentils Country Tomatoes Wheat Bread Fig Bar Milk 653 Calories 1139mg Sodium

* - Turkey

+ - Pork

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