

Galveston Cycle 2, 2022 Final Menu June



Monday	Tuesday	Wednesday	Thursday	Friday
		6/1/2022	6/2/2022	6/3/2022
		Turkey Breast with Gravy* Whipped Potatoes Green Beans Texas Bread Fresh Banana Milk <i>615 Calories 1238mg Sodium</i>	Beef Taco Pinto Beans Mexican Style Tomatoes Flour Tortilla Fudge Cream Cookie Milk Taco Sauce <i>634 Calories 974mg Sodium</i>	BBQ Pork Rib Patty+ Whole Kernel Corn California Vegetables Wheat Bread Lime Gelatin Milk <i>630 Calories 1001mg Sodium</i>
6/6/2022	6/7/2022	6/8/2022	6/9/2022	6/10/2022
Swedish Chicken Meatballs Rice Italian Vegetables Wheat Bread Oatmeal Cream Cookie Milk <i>684 Calories 633mg Sodium</i>	Swiss Steak Whipped Potatoes Herbed Green Beans Wheat Bread Graham Crackers Milk <i>611 Calories 617mg Sodium</i>	Mexican Chicken Chili Broccoli Glazed Carrots Wheat Bread Brownie Milk <i>694 Calories 1071mg Sodium</i>	Pineapple Glazed Ham+ Lima Beans Diced Beets Cornbread Fresh Fruit Milk Margarine <i>692 Calories 1002mg Sodium</i>	Smothered Chicken Lentils Country Tomatoes Wheat Bread Fig Bar Milk <i>653 Calories 1139mg Sodium</i>
6/13/2022	6/14/2022	6/15/2022	6/16/2022	6/17/2022
Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fudge Cream Cookie Milk <i>640 Calories 853mg Sodium</i>	Chicken Taco Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit Milk Taco Sauce <i>640 Calories 1173mg Sodium</i>	Creole Beef Mixed Beans Broccoli Wheat Bread Gingerbread Cookie Milk <i>681 Calories 769mg Sodium</i>	Smoked Sausage+ Delmonico Potatoes Green Beans and Carrots Texas Bread Birthday Cake Milk  <i>909 Calories 1593mg Sodium</i>	Father's Day Pepper Beef Steak Rice Catalina Vegetables Dinner Roll Chocolate Graham Crackers Milk <i>739 Calories 745 Sodium</i>
6/20/2022	6/21/2022	6/22/2022	6/23/2022	6/24/2022
Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Oatmeal Cream Cookie Milk <i>728 Calories 876mg Sodium</i>	Turkey Brunswick Stew* Whole Kernel Corn Cabbage Saltine Crackers Lemon Pudding Milk <i>644 Calories 672mg Sodium</i>	Savory Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Banana Milk Margarine <i>805 Calories 1166mg Sodium</i>	Beef Stroganoff Green Peas Steamed Cauliflower Wheat Bread Orange Gelatin Milk <i>610 Calories 691mg Sodium</i>	Buffalo Chicken Seasoned Cubed Potatoes Parslied Carrots Texas Bread Fresh Fruit Milk <i>612 Calories 1150mg Sodium</i>
6/20/2022	6/21/2022	6/22/2022	6/23/2022	
Turkey Rice Casserole* Broccoli Country Tomatoes Wheat Bread Fudge Cream Cookie Milk <i>661 Calories 736mg Sodium</i>	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk <i>800 Calories 860mg Sodium</i>	Southwest Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Banana Milk <i>651 Calories 789mg Sodium</i>	Polish Sausage+ Lentils Sliced Carrots Wheat Bread Strawberry Gelatin Milk <i>795 Calories 1381mg Sodium</i>	* - Turkey + - Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463