

# Galveston Cycle 3, 2022 Final Menu July



Monday	Tuesday	Wednesday	Thursday	Friday
				7/1/2022 BBQ Chicken Baked Beans Green Beans Dinner Roll Lemon Blueberry Crisps Milk 672 Calories 889mg Sodium
7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022
<b>Closed for Holiday</b>	Breaded Chicken Patty Cream Cheese Corn Stewed Tomatoes Wheat Bread Fresh Fruit Milk 705 Calories 950mg Sodium	Sausage/Onions/Peppers+ Cajun Rice Kidney Beans Wheat Bread Oatmeal Cream Cookie Milk 926 Calories 1285mg Sodium	Beef Stroganoff Broccoli Parslied Carrots Dinner Roll Fruited Lemon Gelatin Milk 610 Calories 704mg Sodium	Onion Chicken Mashed Spiced Yams Cabbage Texas Bread Graham Crackers Milk 613 Calories 833mg Sodium
7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022
BBQ Pork Rib Patty+ Whole Kernel Corn Green Beans Texas Bread Nutty Buddy Bar Milk 669 Calories 1016mg Sodium	Beef Taco Spanish Rice Fiesta Vegetables Flour Tortilla Animal Crackers Milk Taco Sauce 615 Calories 968mg Sodium	Turkey Gumbo* Pinto Beans Diced Beets Cornbread Fresh Orange Milk Margarine 772 Calories 769mg Sodium	Baked Chicken with Gravy Macaroni and Cheese Brussels Sprouts Dinner Roll Fudge Cream Cookie Milk 874 Calories 1088mg Sodium	Spanish Beef Patty Lentils Sliced Carrots Wheat Bread Cherry Gelatin Milk 652 Calories 782mg Sodium
7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022
Parmesan Chicken Whole Kernel Corn Green Beans Dinner Roll Oreo Cookies Milk 695 Calories 1155mg Sodium	Western Baked Beef Whipped Potatoes Catalina Vegetables Texas Bread Fresh Orange Milk 639 Calories 974mg Sodium	Lemon Butter Chicken Black-Eyed Peas Broccoli Texas Bread Fruited Orange Gelatin Milk 602 Calories 842mg Sodium	Sloppy Joe Crispy Cubed Potatoes Dilled Carrots Hamburger Bun Birthday Cake  Milk 688 Calories 1213mg Sodium	Ham and Lima Beans+ Cajun Rice Scalloped Tomatoes Wheat Roll Strawberry Craisins Milk 641 Calories 860mg Sodium
7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022
Tomato Basil Chicken Parmesan Penne Pasta Peas and Carrots Texas Bread Fresh Fruit Milk 751 Calories 1182mg Sodium	Mexican Beef Chili Whole Kernel Corn Broccoli Wheat Bread Brownie Milk 716 Calories 747mg Sodium	Chicken Taco Pinto Beans Mixed Vegetables Flour Tortilla Graham Crackers Milk Taco Sauce 607 Calories 820mg Sodium	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fudge Cream Cookie Milk Margarine 754 Calories 912mg Sodium	King Ranch Chicken Parslied Rice Green Beans Saltine Crackers Fruited Lime Gelatin Milk 608 Calories 800mg Sodium

\* - Turkey  
+ - Pork

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