

# Galveston Cycle 3, 2022 Final Menu August



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| 8/1/2022   | 8/2/2022  | 8/3/2022   | 8/4/2022  | 8/5/2022   |
| Swiss Steak<br>Whipped Potatoes<br>Lemon Zest Broccoli<br>Wheat Bread<br>Nutty Buddy Bar<br>Milk<br><i>619 Calories 594mg Sodium</i>             | Turkey and White Beans*<br>Catalina Vegetables<br>Cabbage<br>Texas Bread<br>Fruited Lemon Gelatin<br>Milk<br><i>669 Calories 695mg Sodium</i>                             | Beef with Onion Gravy<br>Herbed Green Peas<br>Glazed Carrots<br>Wheat Bread<br>Chocolate Graham Crackers<br>Milk<br><i>667 Calories 823mg Sodium</i> | Chicken Shawarma<br>Yellow Rice<br>Green Beans with Onions<br>Texas Bread<br>Fresh Banana<br>Milk<br><i>629 Calories 819mg Sodium</i>   | Polish Sausage+<br>Ranch Beans<br>Country Tomatoes<br>Hot Dog Bun<br>Graham Crackers<br>Milk<br>Mustard<br><i>830 Calories 1627mg Sodium</i> |
| 8/8/2022   | 8/9/2022  | 8/10/2022  | 8/11/2022   | 8/12/2022  |
| Coconut Chicken<br>Jasmine Rice<br>Japanese Vegetables<br>Texas Bread<br>Animal Crackers<br>Milk<br><i>685 Calories 927mg Sodium</i>             | Hamburger Patty<br>Shredded Lettuce/Pickles<br>Baked Beans<br>Hamburger Bun<br>Hot Cinnamon Applesauce<br>Milk<br>Mustard and Ketchup<br><i>644 Calories 907mg Sodium</i> | Lemon Pepper Fish<br>Green Peas<br>Sliced Carrots<br>Wheat Bread<br>Strawberry Gelatin<br>Milk<br><i>605 Calories 933mg Sodium</i>                   | Beef Chili with Beans<br>Whole Kernel Corn<br>Spinach<br>Cornbread<br>Nutty Buddy Bar<br>Milk<br>Margarine<br><i>743 Calories 769mg Sodium</i>  | Tomato Pesto Chicken<br>Garlic Whipped Potatoes<br>Green Beans<br>Wheat Bread<br>Fresh Banana<br>Milk<br><i>753 Calories 791mg Sodium</i>    |
| 8/15/2022  | 8/16/2022   | 8/17/2022  | 8/18/2022   | 8/19/2022  |
| Meatloaf<br>Brown Gravy<br>Garlic Whipped Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Fresh Fruit<br>Milk<br><i>647 Calories 820mg Sodium</i> | Breaded Chicken Patty<br>Cream Cheese Corn<br>Stewed Tomatoes<br>Wheat Bread<br>Fresh Fruit<br>Milk<br><i>705 Calories 950mg Sodium</i>                                   | Sausage/Onions/Peppers+<br>Cajun Rice<br>Kidney Beans<br>Wheat Bread<br>Oatmeal Cream Cookie<br>Milk<br><i>926 Calories 1285mg Sodium</i>            | Beef Stroganoff<br>Broccoli<br>Parslied Carrots<br>Dinner Roll<br>Birthday Cake <br>Milk<br><i>665 Calories 682mg Sodium</i> | Onion Chicken<br>Mashed Spiced Yams<br>Cabbage<br>Texas Bread<br>Graham Crackers<br>Milk<br><i>613 Calories 833mg Sodium</i>                 |
| 8/22/2022  | 8/23/2022   | 8/24/2022  | 8/25/2022   | 8/26/2022  |
| BBQ Pork Rib Patty+<br>Whole Kernel Corn<br>Green Beans<br>Texas Bread<br>Nutty Buddy Bar<br>Milk<br><i>669 Calories 1016mg Sodium</i>           | Beef Taco<br>Spanish Rice<br>Fiesta Vegetables<br>Flour Tortilla<br>Animal Crackers<br>Milk<br>Taco Sauce<br><i>615 Calories 968mg Sodium</i>                             | Turkey Gumbo*<br>Pinto Beans<br>Diced Beets<br>Cornbread<br>Fresh Orange<br>Milk<br>Margarine<br><i>772 Calories 769mg Sodium</i>                    | Baked Chicken with Gravy<br>Macaroni and Cheese<br>Brussels Sprouts<br>Dinner Roll<br>Fudge Cream Cookie<br>Milk<br><i>874 Calories 1088mg Sodium</i>   | Spanish Beef Patty<br>Lentils<br>Sliced Carrots<br>Wheat Bread<br>Cherry Gelatin<br>Milk<br><i>652 Calories 782mg Sodium</i>                 |
| 8/29/2022  | 8/30/2022   | 8/31/2022  |   |  |
| Parmesan Chicken<br>Whole Kernel Corn<br>Green Beans<br>Dinner Roll<br>Oreo Cookies<br>Milk<br><i>695 Calories 1155mg Sodium</i>                 | Western Baked Beef<br>Whipped Potatoes<br>Catalina Vegetables<br>Texas Bread<br>Fresh Orange<br>Milk<br><i>639 Calories 974mg Sodium</i>                                  | Lemon Butter Chicken<br>Black-Eyed Peas<br>Broccoli<br>Texas Bread<br>Fruited Orange Gelatin<br>Milk<br><i>602 Calories 842mg Sodium</i>             | * - Turkey<br>+ - Pork  |  |

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