

Galveston Cycle 3, 2022 Final Menu September



Monday	Tuesday	Wednesday	Thursday	Friday
			9/1/2022	9/2/2022
			Sloppy Joe Crispy Cubed Potatoes Dilled Carrots Hamburger Bun Oatmeal Cream Cookie Milk <i>686 Calories 1146mg Sodium</i>	Labor Day BBQ Chicken Ranch Beans Coleslaw Dinner Roll Peach Cobbler Milk <i>945 Calories 1180mg Sodium</i>
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
Closed for Holiday	Mexican Beef Chili Whole Kernel Corn Broccoli Wheat Bread Brownie Milk <i>716 Calories 747mg Sodium</i>	Chicken Taco Pinto Beans Mixed Vegetables Flour Tortilla Graham Crackers Milk Taco Sauce <i>607 Calories 820mg Sodium</i>	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fudge Cream Cookie Milk Margarine <i>754 Calories 912mg Sodium</i>	King Ranch Chicken Parslied Rice Green Beans Saltine Crackers Fruited Lime Gelatin Milk <i>608 Calories 800mg Sodium</i>
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Nutty Buddy Bar Milk <i>619 Calories 594mg Sodium</i>	Turkey and White Beans* Catalina Vegetables Cabbage Texas Bread Fruited Lemon Gelatin Milk <i>669 Calories 695mg Sodium</i>	Beef with Onion Gravy Herbed Green Peas Glazed Carrots Wheat Bread Chocolate Graham Crackers Milk <i>667 Calories 823mg Sodium</i>	Chicken Shawarma Yellow Rice Green Beans with Onions Texas Bread Birthday Cake  Milk <i>695 Calories 977mg Sodium</i>	Polish Sausage+ Ranch Beans Country Tomatoes Hot Dog Bun Graham Crackers Milk Mustard <i>830 Calories 1627mg Sodium</i>
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Animal Crackers Milk <i>685 Calories 927mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>644 Calories 907mg Sodium</i>	Lemon Pepper Fish Green Peas Sliced Carrots Wheat Bread Strawberry Gelatin Milk <i>605 Calories 933mg Sodium</i>	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Nutty Buddy Bar Milk Margarine <i>743 Calories 769mg Sodium</i>	Tomato Pesto Chicken Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Banana Milk <i>753 Calories 791mg Sodium</i>
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk <i>647 Calories 820mg Sodium</i>	Breaded Chicken Patty Cream Cheese Corn Stewed Tomatoes Wheat Bread Fresh Fruit Milk <i>705 Calories 950mg Sodium</i>	Sausage/Onions/Peppers+ Cajun Rice Kidney Beans Wheat Bread Oatmeal Cream Cookie Milk <i>926 Calories 1285mg Sodium</i>	Beef Stroganoff Broccoli Parslied Carrots Dinner Roll Fruited Lemon Gelatin Milk <i>610 Calories 704mg Sodium</i>	Onion Chicken Mashed Spiced Yams Cabbage Texas Bread Graham Crackers Milk <i>613 Calories 833mg Sodium</i>

* - Turkey
+ - Pork

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