

Galveston Cycle 4, 2022 Final Menu October



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 10/3/2022 | 10/4/2022 | 10/5/2022 | 10/6/2022 | 10/7/2022 |
| Smoked Sausage+ Parslied Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk <i>755 Calories 1209mg Sodium</i> | Chicken Piccata Green Peas Cauliflower Texas Bread Fudge Cream Cookie Milk <i>723 Calories 1140mg Sodium</i> | Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Lime Gelatin Milk <i>658 Calories 1085mg Sodium</i> | Ham and Lima Beans+ Country Tomatoes Cabbage Cornbread Gingerbread Cookie Milk Margarine <i>678 Calories 874mg Sodium</i> | Diced BBQ Turkey* Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>672 Calories 754mg Sodium</i> |
| 10/10/2022 | 10/11/2022 | 10/12/2022 | 10/13/2022 | 10/14/2022 |
| Pomodoro Chicken Meatballs Penne Pasta Italian Vegetables Texas Bread Fresh Fruit Milk <i>649 Calories 726mg Sodium</i> | Beef Frito Pie Parslied Rice Green Beans Corn Chips Nutty Buddy Bar Milk <i>840 Calories 540mg Sodium</i> | Turkey Breast with Gravy* Macaroni and Cheese Glazed Carrots Dinner Roll Chocolate Graham Crackers Milk <i>666 Calories 1456mg Sodium</i> | Beef Taco Pinto Beans Spanish Rice Flour Tortilla Cherry Gelatin Milk Taco Sauce <i>658 Calories 906mg Sodium</i> | Honey Mustard Chicken Whipped Potatoes Diced Beets Wheat Bread Fresh Fruit Milk <i>663 Calories 990mg Sodium</i> |
| 10/17/2022 | 10/18/2022 | 10/19/2022 | 10/20/2022 | 10/21/2022 |
| Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk <i>610 Calories 772mg Sodium</i> | Baked Chicken with Gravy Lemon Herb Pasta Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk <i>784 Calories 808mg Sodium</i> | Beef Chili with Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>739 Calories 733mg Sodium</i> | Ham and Black-Eyed Peas+ Whole Kernel Corn Broccoli Texas Bread Birthday Cake Milk  <i>607 Calories 835mg Sodium</i> | Turkey Noodle Casserole* Parslied Carrots Seasoned Cauliflower Wheat Bread Chocolate Chip Cookie Milk <i>635 Calories 729mg Sodium</i> |
| 10/24/2022 | 10/25/2022 | 10/26/2022 | 10/27/2022 | 10/28/2022 |
| Creamy Paprika Chicken Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit Milk <i>702 Calories 962mg Sodium</i> | Sausage and Red Beans+ Dirty Rice Medley Cabbage Wheat Bread Graham Crackers Milk <i>783 Calories 1047mg Sodium</i> | Swedish Beef Meatballs Penne Pasta Green Beans Texas Bread Orange Gelatin Milk <i>695 Calories 810mg Sodium</i> | Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>620 Calories 1100mg Sodium</i> | Lemon Pepper Fish Herbed Green Peas Catalina Vegetables Wheat Bread Fudge Cream Cookie Milk <i>626 Calories 742mg Sodium</i> |
| 10/31/2022 | | | | |
| Country Fried Steak Country Gravy Parslied Rice Herbed Green Beans Wheat Bread Oatmeal Cream Cookie Milk <i>841 Calories 1017mg Sodium</i> | | | | * - Turkey + - Pork |

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