

Houston Cycle 4, 2022 Final Menu November



Monday	Tuesday	Wednesday	Thursday	Friday
	11/1/2022	11/2/2022	11/3/2022	11/4/2022
	Chicken Nuggets Oven Roasted Potatoes Lemon Brussels Sprouts Wheat Bread Fresh Fruit Milk Ketchup <i>600 Calories 711mg Sodium</i>	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Lemon Gelatin Milk Mustard <i>753 Calories 1520mg Sodium</i>	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Texas Bread Chocolate Chip Cookie Milk <i>712 Calories 835mg Sodium</i>	Salisbury Beef Brown Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk <i>733 Calories 879mg Sodium</i>
11/8/2022	11/9/2022	11/10/2022	11/11/2021	11/12/2021
Chicken Fajita Mexican Rice Fiesta Vegetables Flour Tortilla Fresh Orange Milk <i>600 Calories 463mg Sodium</i>	Beef Meatball Stroganoff Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk <i>759 Calories 1242mg Sodium</i>	Lemon Caper chicken Whipped Potatoes Dilled Carrots Wheat Bread Strawberry Gelatin Milk <i>678 Calories 962mg Sodium</i>	BBQ Pork Rib Patty+ Baked Beans Cabbage Wheat Bread Fresh Fruit Milk <i>619 Calories 834mg Sodium</i>	Tuna Salad Pasta Salad Italian Tomatoes Club Crackers Fudge Cream Cookie Milk <i>668 Calories 1277mg Sodium</i>
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
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 Birthday Cake  Milk Margarine <i>763 Calories 935mg Sodium</i>	Diced BBQ Turkey* Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>672 Calories 754mg Sodium</i>
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
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>	Thanksgiving Turkey Breast with Gravy* Cornbread Dressing Green Beans Dinner Roll Sugar Cookie Milk Cranberry Sauce <i>629 Calories 1425mg Sodium</i>	Closed for Holiday	Closed for Holiday
11/28/2022	11/29/2022	11/30/2021		
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>		* - Turkey + - Pork

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