

Houston Cycle 4, 2022 Final Menu December



Monday	Tuesday	Wednesday	Thursday	Friday
			12/1/2022	12/2/2022
			Ham and Black-Eyed Peas+ Whole Kernel Corn Broccoli Texas Bread Chocolate Pudding Milk 629 Calories 911mg Sodium	Turkey Noodle Casserole* Parslied Carrots Seasoned Cauliflower Wheat Bread Chocolate Chip Cookie Milk 635 Calories 729mg Sodium
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
Creamy Paprika Chicken Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit Milk 702 Calories 962mg Sodium	Sausage and Red Beans+ Dirty Rice Medley Cabbage Wheat Bread Graham Crackers Milk 783 Calories 1047mg Sodium	Swedish Beef Meatballs Penne Pasta Green Beans Texas Bread Orange Gelatin Milk 695 Calories 810mg Sodium	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup 620 Calories 1100mg Sodium	Lemon Pepper Fish Herbed Green Peas Catalina Vegetables Wheat Bread Fudge Cream Cookie Milk 626 Calories 742mg Sodium
12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
Country Fried Steak Country Gravy Parslied Rice Herbed Green Beans Wheat Bread Oatmeal Cream Cookie Milk 841 Calories 1017mg Sodium	Chicken Nuggets Oven Roasted Potatoes Lemon Brussels Sprouts Wheat Bread Fresh Fruit Milk Ketchup 600 Calories 711mg Sodium	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Lemon Gelatin Milk Mustard 753 Calories 1520mg Sodium	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Texas Bread Birthday Cake  Milk 763 Calories 854mg Sodium	Salisbury Beef Brown Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk 733 Calories 879mg Sodium
12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
Chicken Fajita Mexican Rice Fiesta Vegetables Flour Tortilla Fresh Orange Milk 600 Calories 463mg Sodium	Beef Meatball Stroganoff Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk 759 Calories 1242mg Sodium	Lemon Caper chicken Whipped Potatoes Dilled Carrots Wheat Bread Strawberry Gelatin Milk 678 Calories 962mg Sodium	Christmas Pineapple Glazed Ham+ Whipped Sweet Potatoes Herbed Green Beans Dinner Roll Gingerbread Cookie Milk Margarine 604 Calories 915mg Sodium	Closed for Holiday
12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022
Closed for Holiday	Chicken Piccata Green Peas Cauliflower Texas Bread Fudge Cream Cookie Milk 723 Calories 1140mg Sodium	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Lime Gelatin Milk 658 Calories 1085mg Sodium	Ham and Lima Beans+ Country Tomatoes Cabbage Cornbread Gingerbread Cookie Milk Margarine 678 Calories 874mg Sodium	Diced BBQ Turkey* Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk 672 Calories 754mg Sodium

* - Turkey

+ - Pork

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