

Houston Cycle 1, 2023 Final Menu January



Monday	Tuesday	Wednesday	Thursday	Friday
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
Closed for Holiday	Chicken Piccata Penne Pasta Herbed Green Peas Wheat Bread Nutty Buddy Bar Milk <i>690 Calories 924mg Sodium</i>	Turkey Breast with Gravy* Lima Beans Stewed Tomatoes Cornbread Fudge Cream Cookie Milk Margarine <i>748 Calories 1362mg Sodium</i>	King Ranch Chicken Brown Rice Brussels Sprouts Wheat Bread Lime Gelatin Milk <i>660 Calories 637mg Sodium</i>	Tuna Noodle Au Gratin Green Beans Parslied Carrots Wheat Bread Animal Crackers Milk <i>622 Calories 867mg Sodium</i>
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
Marinara Chicken Parslied Penne Pasta Green Peas with Onions Dinner Roll Fresh Fruit Milk <i>731 Calories 1009mg Sodium</i>	Beef Enchilada Pie Mexican Rice Broccoli Wheat Bread Chocolate Graham Crackers Milk <i>687 Calories 1017mg Sodium</i>	Potato Crusted Pollock Garlic Whipped Potatoes Glazed Carrots Oatmeal Cream Cookie Milk Tartar Sauce <i>670 Calories 723mg Sodium</i>	Sloppy Joe Baked Beans Mixed Vegetables Hamburger Bun Cherry Gelatin Milk <i>698 Calories 1023mg Sodium</i>	Vegetable Lasagna Herbed Green Beans Diced Beets Texas Bread Sugar Cookie Milk <i>632 Calories 1304mg Sodium</i>
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
Closed for Holiday	Lemon Caper Chicken Pasta Florentine Broccoli Texas Bread Fudge Cream Cookie Milk <i>794 Calories 1012mg Sodium</i>	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Banana Milk Margarine <i>739 Calories 720mg Sodium</i>	Creamy Garlic Chicken Scalloped Potatoes Garden Vegetables Wheat Bread Birthday Cake Milk  <i>740 Calories 1205mg Sodium</i>	Pollock Fish Sticks Black-Eyed Peas Sliced Carrots Wheat Bread Nutty Buddy Bar Milk Ketchup <i>602 Calories 857mg Sodium</i>
1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
Diced Sesame Chicken Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>673 Calories 666mg Sodium</i>	BBQ Beef Meatballs Whipped Potatoes Herbed Brussels Sprouts Wheat Bread Strawberry Craisins Milk <i>646 Calories 941mg Sodium</i>	Turkey Noodle Casserole* Stewed Tomatoes Green Beans Wheat Bread Fresh Banana Milk <i>613 Calories 573mg Sodium</i>	Polish Sausage+ Ranch Beans Peas and Carrots Hot Dog Bun Orange Gelatin Milk Mustard <i>879 Calories 1606mg Sodium</i>	Macaroni and Cheese Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>611 Calories 901mg Sodium</i>
1/30/2023	1/31/2023			
Swiss Steak Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Fresh Fruit Milk <i>621 Calories 918mg Sodium</i>	Creole Chicken Cajun Rice Spinach Texas Bread Animal Crackers Milk <i>767 Calories 1274mg Sodium</i>	* - Turkey + - Pork		

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