

# Houston

## Cycle 1, 2023 Final Menu

### February



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>2/1/2023</b>	<b>2/2/2023</b>	<b>2/3/2023</b>
		Cheesy Beef Macaroni Green Beans Cauliflower Texas Bread Fresh Fruit Milk  <i>604 Calories 734mg Sodium</i>	Chicken Taco Cilantro Lime Corn Glazed Carrots Flour Tortilla Lemon Gelatin Milk Taco Sauce  <i>655 Calories 1058mg Sodium</i>	Bean Chili Parslied Rice Green Peas Cornbread Fig Bar Milk Margarine  <i>943 Calories 655mg Sodium</i>
<b>2/6/2023</b>	<b>2/7/2023</b>	<b>2/8/2023</b>	<b>2/9/2023</b>	<b>2/10/2023</b>
BBQ Pork Rib Patty+ Macaroni and Cheese Lemon Broccoli Wheat Bread Nutty Buddy Bar Milk  <i>669 Calories 1188mg Sodium</i>	Lemon Pepper Chicken Confetti Rice Brussels Sprouts Dinner Roll Fresh Fruit Milk  <i>699 Calories 822mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup  <i>620 Calories 1100mg Sodium</i>	Glazed Ham+ Delmonico Potatoes Country Tomatoes Texas Bread Chocolate Pudding Milk  <i>679 Calories 1318mg Sodium</i>	Three Cheese Ziti Green Beans Rosemary Carrots Wheat Bread Fresh Fruit Milk  <i>640 Calories 801mg Sodium</i>
<b>2/13/2023</b>	<b>2/14/2023</b>	<b>2/15/2023</b>	<b>2/16/2023</b>	<b>2/17/2023</b>
Meatloaf Brown Gravy Whipped Potatoes Spring Vegetables Dinner Roll Fresh Fruit Milk  <i>771 Calories 803mg Sodium</i>	<b>Valentine's Day</b> Honey Mustard Chicken Parslied Penne Pasta Garden Vegetables Dinner Roll Brownie Milk  <i>934 Calories 990mg 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 Birthday Cake  Milk  <i>727 Calories 615mg Sodium</i>	Tuna Noodle Au Gratin Green Beans Parslied Carrots Wheat Bread Animal Crackers Milk  <i>622 Calories 867mg Sodium</i>
<b>2/20/2023</b>	<b>2/21/2023</b>	<b>2/22/2023</b>	<b>2/23/2023</b>	<b>2/24/2023</b>
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>
<b>2/27/2023</b>	<b>2/28/2023</b>			
Salisbury Beef Brown Gravy Lentils Country Tomatoes Wheat Bread Fresh Fruit Milk  <i>793 Calories 1090mg Sodium</i>	Lemon Caper Chicken Pasta Florentine Broccoli Texas Bread Fudge Cream Cookie Milk  <i>794 Calories 1012mg Sodium</i>			* - Turkey + - Pork

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