

Houston Cycle 4, 2023 Final Menu December



Monday	Tuesday	Wednesday	Thursday	Friday
				12/1/2023 Salisbury Beef Onion Gravy Lima Beans Summer Blend Vegetables Wheat Bread Fresh Banana Milk 683 Calories 912mg Sodium
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023
Sweet and Sour Chicken Jasmine Rice California Blend Vegetables Wheat Bread Fortune Cookie Milk 610 Calories 476mg Sodium	Sausage and Red Beans+ Dirty Rice Mixed Greens Cornbread Graham Crackers Milk Margarine 894 Calories 1097mg Sodium	Swedish Beef Meatballs Penne Pasta Green Beans Texas Bread Fresh Fruit Milk 691 Calories 979mg Sodium	Lemon Pepper Fish Lentils Catalina Blend Vegetables Wheat Bread Fudge Cream Cookie Milk 703 Calories 662mg Sodium	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup 620 Calories 1100mg Sodium
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023
Meatloaf Tomato Gravy Delmonico Potatoes Garden Blend Vegetables Wheat Bread Fresh Fruit Milk 618 Calories 789mg Sodium	Baked Chicken Poultry Gravy Lemon Herb Pasta Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk 731 Calories 828mg Sodium	Beef Chili with Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine 739 Calories 733mg Sodium	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 Strawberry Craisins Milk 616 Calories 591mg Sodium
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023
Chicken Fajita Mexican Rice Olé Blend Vegetables Flour Tortilla Fresh Orange Milk Taco Sauce 629 Calories 539mg Sodium	Beef Stroganoff Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk 729 Calories 1776mg Sodium	Cheese Omelet Ranchero Sauce Black Beans O'Brien Potatoes Dinner Roll Birthday Cake Milk 826 Calories 908mg Sodium	Christmas Pineapple Glazed Ham+ Whipped Sweet Potatoes Herbed Green Beans Dinner Roll Sugar Cookie Milk Margarine 614 Calories 1208mg Sodium	Closed for Holiday
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023
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 Fresh Fruit Milk 622 Calories 943mg Sodium	Ham and Lima Beans+ Country Tomatoes Catalina Blend Vegetables Cornbread Sugar Cookie Milk Margarine 715 Calories 1033mg Sodium	BBQ Diced Chicken Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk 719 Calories 740mg Sodium

* - Turkey

+ - Pork

Houston Community Meals