

# Galveston

## Cycle 1, 2024 Final Menu

### February

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>2/1/2024</b>	<b>2/2/2024</b>
			Chicken Chow Mein Lentils Sliced Carrots Graham Crackers Milk <i>670 Calories 601mg Sodium</i>	Three Cheese Ziti Green Beans Cabbage Wheat Bread Fresh Orange Milk <i>605 Calories 757mg Sodium</i>
<b>2/5/2024</b>	<b>2/6/2024</b>	<b>2/7/2024</b>	<b>2/8/2024</b>	<b>2/9/2024</b>
Polish Sausage+ Tater Gems Spring Vegetable Blend Hot Dog Bun Fresh Fruit Milk Mustard <i>820 Calories 1711mg Sodium</i>	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Broccoli Texas Bread Strawberry Craisins Milk <i>701 Calories 1094mg Sodium</i>	Chicken Taco Charro Beans Parslied Carrots Flour Tortilla Sugar Cookie Milk <i>679 Calories 614mg Sodium</i>	Beef Chili with Beans Rice Diced Beets Saltine Crackers Nutty Buddy Bar Milk <i>605 Calories 783mg Sodium</i>	Tuna Noodle Au Gratin Cabbage Green Beans Wheat Bread Fresh Banana Milk <i>611 Calories 739mg Sodium</i>
<b>2/12/2024</b>	<b>2/13/2024</b>	<b>2/14/2024</b>	<b>2/15/2024</b>	<b>2/16/2024</b>
Ancho Lime Chicken Pinto Beans Mexican Style Tomatoes Texas Bread Fresh Fruit Milk <i>648 Calories 1265mg Sodium</i>	Smothered Beef Meatballs Rice Herbed Green Beans Wheat Bread Oatmeal Cream Cookie Milk <i>697 Calories 893mg Sodium</i>	<b>Ash Wednesday</b> Lemon Pepper Pollock Lentils Glazed Carrots Wheat Bread Fresh Banana Milk <i>677 Calories 603mg Sodium</i>	Sausage w/Onions/Peppers+ Parslied Penne Pasta Broccoli Wheat Bread Birthday Cake  Milk <i>820 Calories 1296mg Sodium</i>	<b>Lent</b> Macaroni and Cheese Brussels Sprouts Diced Beets Texas Bread Fig Bar Milk <i>720 Calories 1007mg Sodium</i>
<b>2/19/2024</b>	<b>2/20/2024</b>	<b>2/21/2024</b>	<b>2/22/2024</b>	<b>2/23/2024</b>
Breaded Pork Patty+ Country Gravy Whipped Potatoes Mixed Vegetable Blend Wheat Bread Fresh Fruit Milk <i>826 Calories 894mg Sodium</i>	Marinara Chicken Penne Pasta Green Beans with Onions Texas Bread Animal Crackers Milk <i>768 Calories 1120mg Sodium</i>	Beef Taco Pinto Beans Sliced Carrots Flour Tortilla Fudge Cream Cookie Milk Taco Sauce <i>638 Calories 829mg Sodium</i>	Turkey Noodle Casserole* Country Tomatoes Cabbage Wheat Bread Craisins Milk <i>603 Calories 580mg Sodium</i>	<b>Lent</b> Bean Chili Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>826 Calories 492mg Sodium</i>
<b>2/26/2024</b>	<b>2/27/2024</b>	<b>2/28/2024</b>	<b>2/29/2024</b>	
Swiss Steak Spanish Rice Parslied Carrots Wheat Bread Fresh Fruit Milk <i>627 Calories 955mg Sodium</i>	BBQ Pork Rib Patty+ Garlic Whipped Potatoes Brussels Sprouts Wheat Bread Nutty Buddy Bar Milk <i>638 Calories 1050mg Sodium</i>	Cajun Chicken Chili Beans Okra and Tomatoes Texas Bread Oatmeal Cream Cookie Milk <i>724 Calories 1213mg Sodium</i>	Alfredo Beef Meatballs Penne Pasta Green Beans Wheat Bread Chocolate Graham Crackers Milk <i>640 Calories 1073mg Sodium</i>	

\* - Turkey  
+ - Pork



*Sarah Hutsler, RD, LD*  
 Sarah Hutsler, RD, LD #DT81463