

Houston

Cycle 1, 2024 Final Menu

March



Monday	Tuesday	Wednesday	Thursday	Friday
				3/1/2024
				Lent Spaghetti Torte Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>701 Calories 1220mg Sodium</i>
	3/4/2024	3/5/2024	3/6/2024	3/7/2024
Baked Chicken with Gravy Whipped Potatoes Summer Vegetable Blend Texas Bread Fudge Cream Cookie Milk <i>776 Calories 1060mg Sodium</i>	Beef and Bean Burrito Queso Sauce Mexican Rice Glazed Carrots Fresh Banana Milk <i>643 Calories 834mg Sodium</i>	Diced Sweet and Sour Chicken Jasmine Rice Japanese Vegetable Blend Texas Bread Sugar Cookie Milk <i>773 Calories 824mg Sodium</i>	Glazed Ham+ Lima Beans Country Vegetable Blend Cornbread Fresh Fruit Milk Margarine <i>722 Calories 892mg Sodium</i>	Lent Fish Nuggets Macaroni and Cheese Cauliflower Wheat Bread Graham Crackers Milk Tartar Sauce <i>695 Calories 1106mg Sodium</i>
3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024
Meatloaf Brown Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit Milk <i>603 Calories 917mg Sodium</i>	Chicken Piccata Rice Broccoli Texas Bread Fresh Fruit Milk <i>697 Calories 947mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Spiced Pineapple Milk Mustard and Ketchup <i>690 Calories 879mg Sodium</i>	Chicken Chow Mein Lentils Sliced Carrots Graham Crackers Milk <i>670 Calories 601mg Sodium</i>	Lent Three Cheese Ziti Green Beans Cabbage Wheat Bread Fresh Orange Milk <i>605 Calories 757mg Sodium</i>
3/18/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024
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 Birthday Cake  Milk <i>676 Calories 907mg Sodium</i>	Lent Tuna Noodle Au Gratin Cabbage Green Beans Wheat Bread Fresh Banana Milk <i>611 Calories 739mg Sodium</i>
3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
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>	Lemon Pepper Pollock Lentils Glazed Carrots Wheat Bread Fresh Banana Milk <i>677 Calories 603mg Sodium</i>	Easter Glazed Ham+ Whipped Sweet Potatoes Broccoli Dinner Roll Sugar Cookie Milk Margarine <i>602 Calories 1060mg Sodium</i>	Macaroni and Cheese Brussels Sprouts Diced Beets Texas Bread Fig Bar Milk <i>720 Calories 1007mg Sodium</i>

* - Turkey

+ - Pork

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