

Galveston

Cycle 3, 2024 Final Menu

July

Monday	Tuesday	Wednesday	Thursday	Friday
7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024
Chicken Piccata Twice Whipped Potatoes Glazed Carrots Wheat Bread Fresh Fruit Milk <i>601 Calories 880mg Sodium</i>	Ham and Lima Beans+ Macaroni and Cheese Herbed Green Beans Wheat Bread Graham Crackers Milk <i>601 Calories 1128mg Sodium</i>	Independence Day Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup <i>737 Calories 1007mg Sodium</i>	Closed for Holiday	Beef Chili with Beans Rice Spinach Texas Bread Fresh Fruit Milk <i>618 Calories 775mg Sodium</i>
7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
BBQ Pork Rib Patty+ Ranch Beans Parslied Carrots Texas Bread Fresh Fruit Milk <i>690 Calories 1203mg Sodium</i>	Meatloaf Brown Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Oatmeal Cream Cookie Milk <i>658 Calories 721mg Sodium</i>	Parmesan Chicken Parslied Penne Pasta Broccoli Dinner Roll Nuttu Buddy Bar Milk <i>674 Calories 1075mg Sodium</i>	Picadillo Beef Yellow Rice Cilantro Lime Corn Flour Tortilla Lime Gelatin Milk Taco Sauce <i>624 Calories 933mg Sodium</i>	Turkey and White Beans* Country Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine <i>669 Calories 544mg Sodium</i>
7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
Marinara Beef Meatballs Pasta Florentine Summer Vegetables Texas Bread Fresh Fruit Milk <i>612 Calories 1082mg Sodium</i>	Buffalo Chicken Corn O'Brien Cauliflower Wheat Bread Graham Crackers Milk <i>627 Calories 860mg Sodium</i>	Beef with Mushroom Gravy Rice Green Beans with Onions Wheat Bread Fresh Fruit Milk <i>629 Calories 908mg Sodium</i>	Baked Chicken with Gravy Mixed Beans Broccoli Dinner Roll Birthday Cake Milk <i>659 Calories 997mg Sodium</i>	Tuna Salad Pasta Salad Carrot Raisin Salad Saltine Crackers Sugar Cookie Milk <i>619 Calories 1115mg Sodium</i>
7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
French Onion Chicken Parslied Rice Herbed Brussels Sprouts Dinner Roll Nuttu Buddy Bar Milk <i>602 Calories 943mg Sodium</i>	Beef Taco Charro Beans Mexican Style Tomatoes Corn Tortillas (2) Fresh Fruit Milk Taco Sauce <i>609 Calories 773mg Sodium</i>	Sausage w/Onions/Peppers+ Black-Eyed Peas Sliced Carrots Texas Bread Fudge Cream Cookie Milk <i>810 Calories 1462mg Sodium</i>	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Peas and Corn Wheat Bread Fresh Fruit Milk <i>653 Calories 983mg Sodium</i>	Tarragon Chicken Penne with Red Peppers Glazed Beets Dinner Roll Orange Gelatin Milk <i>776 Calories 1189mg Sodium</i>
7/29/2024	7/30/2024	7/31/2024	 <p style="text-align: right;">* - Turkey + - Pork</p> <p style="text-align: center;">Nourishment through compassionate care.</p>	
Cajun Meatloaf Dirty Rice Broccoli Texas Bread Fresh Fruit Milk <i>667 Calories 879mg Sodium</i>	Spinach Chicken Rotini Pasta Garden Vegetables Dinner Roll Oatmeal Cream Cookie Milk <i>806 Calories 1030mg Sodium</i>	Swiss Steak Delmonico Potatoes Green Beans Wheat Bread Fresh Fruit Milk <i>610 Calories 896mg Sodium</i>		

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