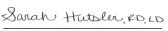
## September Tuesday Monday Wednesday **Thursday** Friday 9/2/2024 9/3/2024 9/4/2024 9/5/2024 9/6/2024 **Beef Taco** Sausage w/Onions/Peppers+ Salisbury Beef Tarragon Chicken Charro Beans Black-Eyed Peas **Brown Gravy** Penne with Red Peppers Mexican Style Tomatoes **Sliced Carrots Garlic Whipped Potatoes Glazed Beets Closed for Holiday** Corn Tortillas (2) **Texas Bread** Peas and Corn Dinner Roll Fresh Fruit Fudge Cream Cookie Wheat Bread Orange Gelatin Milk Milk Fresh Fruit Milk Milk Taco Sauce 609 Calories 773mg Sodium 810 Calories 1462mg Sodium 653 Calories 983mg Sodium 776 Calories 1189mg Sodium 9/9/2024 9/10/2024 9/12/2024 9/11/2024 9/13/2024 Cajun Meatloaf Spinach Chicken Swiss Steak Glazed Ham+ Coconut Chicken **Dirty Rice** Rotini Pasta **Delmonico Potatoes** Lima Beans Jasmine Rice Broccoli **Garden Vegetables** Okra and Tomatoes **Green Beans Ginger Carrots** Texas Bread **Dinner Roll** Wheat Bread Cornbread Wheat Bread Fresh Fruit Oatmeal Cream Cookie Fresh Fruit Chocolate Chip Cookie Lemon Gelatin Milk Milk Milk Milk Milk Margarine 667 Calories 879mg Sodium 806 Calories 1030mg Sodium 610 Calories 896mg Sodium 724 Calories 967mg Sodium 690 Calories 615mg Sodium 9/16/2024 9/17/2024 9/18/2024 9/19/2024 9/20/2024 Polish Sausage+ Turkey Macaroni and Cheese\* Creole Beef **BBQ** Chicken Swedish Beef Meatballs **Braised Lentils Green Peas** Chili Beans Whipped Potatoes Parslied Penne Pasta Cabbage **Glazed Carrots** Spinach Catalina Vegetables Broccoli **Texas Bread Dinner Roll** Wheat Bread **Texas Bread** Wheat Bread Raisins **Graham Crackers** Fresh Fruit Birthday Cake Fresh Banana Milk Milk Milk Milk Milk 883 Calories 1358mg Sodium 677 Calories 811mg Sodium 684 Calories 1246mg Sodium 666 Calories 1374mg Sodium 1357mg Sodium 637 Calories 9/23/2024 9/24/2024 9/25/2024 9/26/2024 9/27/2024 Chicken Piccata Ham and Lima Beans+ **Hamburger Patty** Turkey Breast with Gravy\* Beef Chili with Beans **Twice Whipped Potatoes** Macaroni and Cheese Shredded Lettuce/Pickles Lentils Rice **Glazed Carrots** Herbed Green Beans **Baked Beans Diced Beets** Spinach Wheat Bread Wheat Bread Hamburger Bun Dinner Roll **Texas Bread** Fresh Fruit **Graham Crackers** Hot Cinnamon Applesauce **Fudge Cream Cookie** Fresh Fruit Milk Milk Milk Milk Milk Mustard and Ketchup 601 Calories 880mg Sodium 601 Calories 1128mg Sodium 615 Calories 873mg Sodium 1327mg Sodium 618 Calories 775mg Sodium 629 Calories 9/30/2024 \* - Turkey

Galveston Cycle 3, 2024 Final Menu

compassionate care.

Nourishment through

+ - Pork



BBQ Pork Rib Patty+

Ranch Beans **Parslied Carrots Texas Bread** Fresh Fruit

Milk

1203mg Sodium

690 Calories