

Galveston Cycle 3, 2024 Final Menu September

Monday	Tuesday	Wednesday	Thursday	Friday
9/2/2024	9/3/2024	9/4/2024	9/5/2024	9/6/2024
Closed for Holiday	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>
9/9/2024	9/10/2024	9/11/2024	9/12/2024	9/13/2024
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>	Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Chocolate Chip Cookie Milk Margarine <i>724 Calories 967mg Sodium</i>	Coconut Chicken Jasmine Rice Ginger Carrots Wheat Bread Lemon Gelatin Milk <i>690 Calories 615mg Sodium</i>
9/16/2024	9/17/2024	9/18/2024	9/19/2024	9/20/2024
Polish Sausage+ Braised Lentils Cabbage Texas Bread Raisins Milk <i>883 Calories 1358mg Sodium</i>	Turkey Macaroni and Cheese* Green Peas Glazed Carrots Dinner Roll Graham Crackers Milk <i>677 Calories 811mg Sodium</i>	Creole Beef Chili Beans Spinach Wheat Bread Fresh Fruit Milk <i>684 Calories 1246mg Sodium</i>	BBQ Chicken Whipped Potatoes Catalina Vegetables Texas Bread Birthday Cake  Milk <i>666 Calories 1374mg Sodium</i>	Swedish Beef Meatballs Parslied Penne Pasta Broccoli Wheat Bread Fresh Banana Milk <i>637 Calories 1357mg Sodium</i>
9/23/2024	9/24/2024	9/25/2024	9/26/2024	9/27/2024
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>	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>615 Calories 873mg Sodium</i>	Turkey Breast with Gravy* Lentils Diced Beets Dinner Roll Fudge Cream Cookie Milk <i>629 Calories 1327mg Sodium</i>	Beef Chili with Beans Rice Spinach Texas Bread Fresh Fruit Milk <i>618 Calories 775mg Sodium</i>
9/30/2024				
BBQ Pork Rib Patty+ Ranch Beans Parslied Carrots Texas Bread Fresh Fruit Milk <i>690 Calories 1203mg Sodium</i>				

* - Turkey
+ - Pork



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