




Galveston

Cycle 4, 2024 Final Menu

October

Monday	Tuesday	Wednesday	Thursday	Friday
	10/1/2024	10/2/2024	10/3/2024	10/4/2024
 TRIO Community Meals <hr/> Nourishment through compassionate care.	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 Nutty 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>
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
Beef Meatballs with Gravy Rice Herbed Green Beans Wheat Bread Oatmeal Cream Cookie Milk <i>697 Calories 893mg Sodium</i>	BBQ Chicken Nuggets Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Milk <i>636 Calories 724mg Sodium</i>	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Fresh Fruit Milk Mustard <i>717 Calories 1378mg Sodium</i>	King Ranch Chicken Whole Kernel Corn Sliced Carrots Texas Bread Cherry Craisins Milk <i>695 Calories 704mg Sodium</i>	Salisbury Beef Onion Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk <i>683 Calories 912mg Sodium</i>
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
Chicken and Sausage Gumbo+ Cajun Rice Medley Cabbage Texas Bread Fresh Fruit Milk <i>762 Calories 1116mg Sodium</i>	Beef Pepper Steak Scalloped Potatoes Green Beans Wheat Bread Fresh Fruit Milk <i>610 Calories 1226mg Sodium</i>	Turkey Breast with Gravy* Macaroni and Cheese Glazed Carrots Dinner Roll Chocolate Graham Crackers Milk <i>647 Calories 1451mg Sodium</i>	Beef Taco Pinto Beans Spanish Rice Flour Tortilla Birthday Cake  Milk Taco Sauce <i>667 Calories 824mg Sodium</i>	Honey Mustard Chicken Whipped Potatoes Diced Beets Wheat Bread Fresh Fruit Milk <i>663 Calories 990mg Sodium</i>
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk <i>618 Calories 789mg Sodium</i>	Baked Chicken with Gravy Lemon Herb Pasta Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk <i>731 Calories 828mg Sodium</i>	Beef Chili with Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>739 Calories 733mg Sodium</i>	Ham and Black-Eyed Peas+ Whole Kernel Corn Broccoli Texas Bread Chocolate Pudding Milk <i>629 Calories 911mg Sodium</i>	Turkey Noodle Casserole* Parslied Carrots Seasoned Cauliflower Wheat Bread Strawberry Craisins Milk <i>618 Calories 599mg Sodium</i>
10/28/2024	10/29/2024	10/30/2024	10/31/2024	
Sweet and Sour Chicken Jasmine Rice California Vegetables Wheat Bread Fortune Cookie Milk <i>610 Calories 476mg Sodium</i>	Sausage and Red Beans+ Dirty Rice Mixed Greens Cornbread Graham Crackers Milk Margarine <i>894 Calories 1097mg Sodium</i>	Swedish Beef Meatballs Penne Pasta Green Beans Texas Bread Fresh Fruit Milk <i>691 Calories 979mg Sodium</i>	Lemon Pepper Chicken Lentils Catalina Vegetables Wheat Bread Fudge Cream Cookie Milk <i>615 Calories 921mg Sodium</i>	* - Turkey + - Pork


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