



HOUSTON CYCLE 2, 2025 FINAL MENU

APRIL 2025

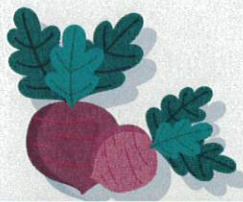
| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | 4/1/2025 | 4/2/2025 | 4/3/2025 | 4/4/2025 |
| | BBQ Pork Rib Patty+ Garlic Whipped Potatoes Brussels Sprouts Wheat Bread Nutty Buddy Bar Milk <i>679 Calories 1297mg Sodium</i> | Buffalo Chicken Patty Chili Beans Okra and Tomatoes Cornbread Oatmeal Cream Cookie Milk Margarine <i>822 Calories 1141mg Sodium</i> | Horseradish Beef Meatballs Penne Pasta Green Beans Wheat Bread Chocolate Graham Crackers Milk <i>659 Calories 1056mg Sodium</i> | Spaghetti Torte Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>701 Calories 1220mg Sodium</i> |
| 4/7/2025 | 4/8/2025 | 4/9/2025 | 4/10/2025 | 4/11/2025 |
| Turkey Rice Casserole* Broccoli Stewed Tomatoes Wheat Bread Fudge Cream Cookie Milk <i>648 Calories 747mg Sodium</i> | Salisbury Beef Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk <i>752 Calories 1147mg Sodium</i> | Tomatillo Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Fruit Milk <i>615 Calories 591mg Sodium</i> | Polish Pork Sausage+ Lentils Sliced Carrots Hot Dog Bun Fig Bar Milk <i>742 Calories 872mg Sodium</i> | Macaroni and Cheese Cauliflower Diced Beets Dinner Roll Fresh Banana Milk <i>727 Calories 1094mg Sodium</i> |
| 4/14/2025 | 4/15/2025 | 4/16/2025 | 4/17/2025 | 4/18/2025 |
| Confetti Chicken Rice Italian Vegetables Wheat Bread Oatmeal Cream Cookie Milk <i>745 Calories 917mg Sodium</i> | Swiss Steak Whipped Potatoes Herbed Green Beans Texas Bread Animal Crackers Milk <i>752 Calories 1146mg Sodium</i> | King Ranch Chicken Broccoli Glazed Carrots Wheat Bread Nutty Buddy Bar Milk <i>615 Calories 591mg Sodium</i> | Easter Glazed Pork Ham+ Whipped Sweet Potatoes Catalina Vegetables Dinner Roll Birthday Cake  Milk <i>611 Calories 967mg Sodium</i> | Potato Crusted Pollock Lentils Parmesan Tomatoes Wheat Bread Orange Gelatin Milk Tartar Sauce <i>727 Calories 1094mg Sodium</i> |
| 4/21/2025 | 4/22/2025 | 4/23/2025 | 4/24/2025 | 4/25/2025 |
| Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Brownie Milk <i>770 Calories 938mg Sodium</i> | Chicken Taco Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit Milk Taco Sauce <i>695 Calories 523mg Sodium</i> | Creole Beef Mixed Beans Broccoli Wheat Bread Cinnamon Graham Sticks Milk <i>704 Calories 1162mg Sodium</i> | Polish Pork Sausage+ Delmonico Potatoes Green Beans and Carrots Wheat Bread Fig Bar Milk <i>790 Calories 1359mg Sodium</i> | Romesco Beef Meatballs Macaroni and Cheese Cauliflower Dinner Roll Fresh Fruit Milk <i>694 Calories 1107mg Sodium</i> |
| 4/28/2025 | 4/29/2025 | 4/30/2025 | | |
| French Onion Chicken Rice Japanese Vegetables Texas Bread Oatmeal Cream Cookie Milk <i>678 Calories 1072mg Sodium</i> | Beef Meatballs with Gravy Parslied Penne Pasta Green Beans Wheat Bread Graham Crackers Milk <i>620 Calories 924mg Sodium</i> | Glazed Pork Ham+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine <i>676 Calories 828mg Sodium</i> | * - Turkey + - Pork | |



**Nourishment through
compassionate care.**

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463



HOUSTON CYCLE 2, 2025 FINAL MENU

MAY 2025



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
|  TRIO Community Meals Nourishment through compassionate care. | | | 5/1/2025 Cheesy Beef Macaroni Green Peas Cauliflower Wheat Bread Orange Gelatin Milk <i>617 Calories 819mg Sodium</i> | 5/2/2025 Buffalo Ranch Chicken Oven Roasted Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk <i>614 Calories 860mg Sodium</i> |
| | 5/5/2025 | 5/6/2025 | 5/7/2025 | 5/8/2025 |
| Meatloaf with Tomato Gravy Rice Lemon Pepper Brussels Sprouts Wheat Bread Cinnamon Graham Sticks Milk <i>649 Calories 791mg Sodium</i> | Chicken Piccata Penne Pasta Ginger Carrots Texas Bread Fresh Fruit Milk <i>700 Calories 1006mg Sodium</i> | Beef Taco Pinto Beans Creole Tomatoes Flour Tortilla Fudge Cream Cookie Milk Taco Sauce <i>649 Calories 947mg Sodium</i> | BBQ Pork Rib Patty+ Black-Eyed Peas California Vegetables Dinner Roll Lime Gelatin Milk <i>640 Calories 1180mg Sodium</i> | Mother's Day Rosemary Chicken Delmonico Potatoes Herbed Green Beans Dinner Roll Oreo Cookies Milk <i>600 Calories 1066mg Sodium</i> |
| 5/12/2025 | 5/13/2025 | 5/14/2025 | 5/15/2025 | 5/16/2025 |
| Parmesan Chicken Black-Eyed Peas Broccoli Texas Bread Nutty Buddy Bar Milk <i>658 Calories 1205mg Sodium</i> | Pork Ham and Lima Beans+ Okra and Tomatoes Glazed Beets Texas Bread Fresh Fruit Milk <i>666 Calories 1363mg Sodium</i> | Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>740 Calories 734mg Sodium</i> | Onion Chicken Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Birthday Cake Milk  <i>740 Calories 976mg Sodium</i> | Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mayonnaise and Ketchup <i>731 Calories 929mg Sodium</i> |
| 5/19/2025 | 5/20/2025 | 5/21/2025 | 5/22/2025 | 5/23/2025 |
| Turkey Rice Casserole* Broccoli Stewed Tomatoes Wheat Bread Fudge Cream Cookie Milk <i>648 Calories 747mg Sodium</i> | Salisbury Beef Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk <i>752 Calories 1147mg Sodium</i> | Tomatillo Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Fruit Milk <i>615 Calories 591mg Sodium</i> | Polish Pork Sausage+ Lentils Sliced Carrots Hot Dog Bun Fig Bar Milk <i>742 Calories 872mg Sodium</i> | Memorial Day Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup <i>753 Calories 1008mg Sodium</i> |
| 5/26/2025 | 5/27/2025 | 5/28/2025 | 5/29/2025 | 5/30/2025 |
| Closed for Holiday | Swiss Steak Whipped Potatoes Herbed Green Beans Texas Bread Animal Crackers Milk <i>752 Calories 1146mg Sodium</i> | King Ranch Chicken Broccoli Glazed Carrots Wheat Bread Nutty Buddy Bar Milk <i>615 Calories 591mg Sodium</i> | Pork Ham and White Beans+ Cajun Rice Diced Beets Cornbread Fresh Fruit Milk Margarine <i>742 Calories 872mg Sodium</i> | Potato Crusted Pollock Lentils Parmesan Tomatoes Wheat Bread Orange Gelatin Milk Tartar Sauce <i>727 Calories 1094mg Sodium</i> |

* - Turkey

+ - Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

JUNE 2025

HOUSTON
CYCLE 2, 2025 FINAL MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 6/2/2025 | 6/3/2025 | 6/4/2025 | 6/5/2025 | 6/6/2025 |
| Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Brownie Milk | Chicken Taco Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit Milk Taco Sauce | Creole Beef Mixed Beans Broccoli Wheat Bread Cinnamon Graham Sticks Milk | Polish Pork Sausage+ Delmonico Potatoes Green Beans and Carrots Wheat Bread Fig Bar Milk | Romesco Beef Meatballs Macaroni and Cheese Cauliflower Dinner Roll Fresh Fruit Milk |
| 770 Calories 938mg Sodium | 695 Calories 523mg Sodium | 704 Calories 1162mg Sodium | 790 Calories 1359mg Sodium | 694 Calories 1107mg Sodium |
| 6/9/2025 | 6/10/2025 | 6/11/2025 | 6/12/2025 | 6/13/2025 |
| French Onion Chicken Rice Japanese Vegetables Texas Bread Oatmeal Cream Cookie Milk | Beef Meatballs with Gravy Parslied Penne Pasta Green Beans Wheat Bread Graham Crackers Milk | Glazed Pork Ham+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine | Cheesy Beef Macaroni Green Peas Cauliflower Wheat Bread Orange Gelatin Milk | Father's Day BBQ Pork Rib Patty+ Rice Florentine Glazed Carrots Dinner Roll Chocolate Chip Cookie Milk |
| 678 Calories 1072mg Sodium | 620 Calories 924mg Sodium | 676 Calories 828mg Sodium | 617 Calories 819mg Sodium | 701 Calories 1266mg Sodium |
| 6/16/2025 | 6/17/2025 | 6/18/2025 | 6/19/2025 | 6/20/2025 |
| Meatloaf with Tomato Gravy Rice Lemon Pepper Brussels Sprouts Wheat Bread Cinnamon Graham Sticks Milk | Chicken Piccata Penne Pasta Ginger Carrots Texas Bread Fresh Fruit Milk | Beef Taco Pinto Beans Creole Tomatoes Flour Tortilla Fudge Cream Cookie Milk Taco Sauce | Closed for Holiday | BBQ Pork Rib Patty+ Black-Eyed Peas California Vegetables Dinner Roll Birthday Cake Milk  |
| 649 Calories 791mg Sodium | 700 Calories 1006mg Sodium | 649 Calories 947mg Sodium | | 703 Calories 1197mg Sodium |
| 6/23/2025 | 6/24/2025 | 6/25/2025 | 6/26/2025 | 6/27/2025 |
| Parmesan Chicken Black-Eyed Peas Broccoli Texas Bread Nutty Buddy Bar Milk | Pork Ham and Lima Beans+ Okra and Tomatoes Glazed Beets Texas Bread Fresh Fruit Milk | Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine | Onion Chicken Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Cinnamon Graham Crackers Milk | Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mayonnaise and Ketchup |
| 658 Calories 1205mg Sodium | 666 Calories 1363mg Sodium | 740 Calories 734mg Sodium | 677 Calories 983mg Sodium | 731 Calories 929mg Sodium |
| 6/30/2025 | | | | |
| Turkey Rice Casserole* Broccoli Stewed Tomatoes Wheat Bread Fudge Cream Cookie Milk | | | | |
| 648 Calories 747mg Sodium | | | | |

* - Turkey
+ - Pork



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