

# Houston

## Cycle 4, 2023 Final Menu

### November



Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/2023	11/2/2023	11/3/2023
		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>616 Calories 591mg Sodium</i>
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
Chicken Fajita Mexican Rice Olé Blend Vegetables Flour Tortilla Fresh Orange Milk Taco Sauce <i>629 Calories 539mg Sodium</i>	Beef Stroganoff Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk <i>729 Calories 1776mg Sodium</i>	Cheese Omelet Ranchero Sauce Black Beans O'Brien Potatoes Dinner Roll Fig Bar Milk <i>815 Calories 849mg Sodium</i>	Lemon Caper Chicken Whipped Potatoes Dilled Carrots Wheat Bread Fresh Fruit Milk <i>642 Calories 820mg Sodium</i>	BBQ Pork Rib Patty+ Baked Beans Cabbage Cornbread Craisins Milk Margarine <i>833 Calories 1027mg Sodium</i>
11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
Polish Sausage+ Parslied Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk <i>755 Calories 1209mg Sodium</i>	Chicken Piccata Green Peas Cauliflower Texas Bread Fudge Cream Cookie Milk <i>723 Calories 1140mg Sodium</i>	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk <i>622 Calories 943mg Sodium</i>	Ham and Lima Beans+ Country Tomatoes Catalina Blend Vegetables Cornbread Birthday Cake Milk Margarine  <i>769 Calories 954mg Sodium</i>	BBQ Diced Chicken Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>719 Calories 740mg Sodium</i>
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
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 Nutty Buddy Bar Milk <i>638 Calories 1260mg Sodium</i>	<b>Thanksgiving</b> Turkey Breast with Gravy* Cornbread Dressing Broccoli Dinner Roll Brownie Milk <i>746 Calories 1381mg Sodium</i>	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>
11/27/2023	11/28/2023	11/29/2023	11/30/2023	
Smothered Beef Meatballs 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 Craisins Milk <i>693 Calories 696mg Sodium</i>	* - Turkey + - Pork

Sarah Hutsler, RD, LD

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## Cycle 4, 2023 Final Menu

### December



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>12/1/2023</b>
				Salisbury Beef Onion Gravy Lima Beans Summer Blend Vegetables Wheat Bread Fresh Banana Milk <i>683 Calories 912mg Sodium</i>
<b>12/4/2023</b>	<b>12/5/2023</b>	<b>12/6/2023</b>	<b>12/7/2023</b>	<b>12/8/2023</b>
Sweet and Sour Chicken Jasmine Rice California Blend 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 Fish Lentils Catalina Blend Vegetables Wheat Bread Fudge Cream Cookie Milk <i>703 Calories 662mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>620 Calories 1100mg Sodium</i>
<b>12/11/2023</b>	<b>12/12/2023</b>	<b>12/13/2023</b>	<b>12/14/2023</b>	<b>12/15/2023</b>
Meatloaf Tomato Gravy Delmonico Potatoes Garden Blend Vegetables Wheat Bread Fresh Fruit Milk <i>618 Calories 789mg Sodium</i>	Baked Chicken Poultry 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>616 Calories 591mg Sodium</i>
<b>12/18/2023</b>	<b>12/19/2023</b>	<b>12/20/2023</b>	<b>12/21/2023</b>	<b>12/22/2023</b>
Chicken Fajita Mexican Rice Olé Blend Vegetables Flour Tortilla Fresh Orange Milk Taco Sauce <i>629 Calories 539mg Sodium</i>	Beef Stroganoff Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk <i>729 Calories 1776mg Sodium</i>	Cheese Omelet Ranchero Sauce Black Beans O'Brien Potatoes Dinner Roll Birthday Cake Milk <i>826 Calories 908mg Sodium</i>	<b>Christmas</b> Pineapple Glazed Ham+ Whipped Sweet Potatoes Herbed Green Beans Dinner Roll Sugar Cookie Milk Margarine <i>614 Calories 1208mg Sodium</i>	<b>Closed for Holiday</b>
<b>12/25/2023</b>	<b>12/26/2023</b>	<b>12/27/2023</b>	<b>12/28/2023</b>	<b>12/29/2023</b>
<b>Closed for Holiday</b>	Chicken Piccata Green Peas Cauliflower Texas Bread Fudge Cream Cookie Milk <i>723 Calories 1140mg Sodium</i>	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk <i>622 Calories 943mg Sodium</i>	Ham and Lima Beans+ Country Tomatoes Catalina Blend Vegetables Cornbread Sugar Cookie Milk Margarine <i>715 Calories 1033mg Sodium</i>	BBQ Diced Chicken Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>719 Calories 740mg Sodium</i>

\* - Turkey

+ - Pork

*Sarah Hutsler, RD, LD*

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