

# Houston

## Cycle 3, 2023 Final Menu

### July

Monday	Tuesday	Wednesday	Thursday	Friday
7/3/2023	7/4/2023	7/5/2023	7/6/2023	7/7/2023
<b>Independence Day</b> BBQ Breaded Chicken Ranch Beans Mixed Vegetables Dinner Roll Brownie Milk <i>983 Calories 1168mg Sodium</i>	<b>Closed for Holiday</b>	Chili Garlic Grilled Chicken Jasmine Rice Ginger Carrots Texas Bread Graham Crackers Milk <i>600 Calories 1202mg Sodium</i>	Beef Taco Pinto Beans Garden Vegetables Flour Tortilla Lemon Lime Gelatin Milk Taco Sauce <i>612 Calories 850mg Sodium</i>	Turkey Breast with Gravy* Whipped Sweet Potatoes Diced Beets Dinner Roll Sugar Cookie Milk <i>601 Calories 1529mg Sodium</i>
7/10/2023	7/11/2023	7/12/2023	7/13/2023	7/14/2023
Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Nutty Buddy Bar Milk <i>637 Calories 923mg Sodium</i>	Chicken Chili with Beans Green Peas Glazed Carrots Saltine Crackers Fresh Fruit Milk <i>600 Calories 704mg Sodium</i>	Steakhouse Beef Meatballs Confetti Rice Green Beans Wheat Bread Oreo Cookies Milk <i>620 Calories 936mg Sodium</i>	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine <i>676 Calories 828mg Sodium</i>	Grilled Chicken with Gravy Macaroni and Cheese Cabbage Wheat Bread Strawberry Gelatin Milk <i>605 Calories 1215mg Sodium</i>
7/17/2023	7/18/2023	7/19/2023	7/20/2023	7/21/2023
BBQ Pork Rib Patty+ Whole Kernel Corn Parslied Carrots Texas Bread Fresh Fruit Milk <i>639 Calories 1042mg Sodium</i>	Cajun Meatloaf Parslied Rice Brussels Sprouts Wheat Bread Craisins Milk <i>651 Calories 710mg Sodium</i>	Parmesan Breaded Chicken Parslied Penne Pasta Herbed Green Beans Texas Bread Fresh Orange Milk <i>688 Calories 1167mg Sodium</i>	Beef with Mushroom Gravy Delmonico Potatoes Spring Vegetables Wheat Bread Birthday Cake Milk <i>708 Calories 1142mg Sodium</i>	Tuna Salad Potato Salad Beet Salad Saltine Crackers Oatmeal Cream Cookie Milk <i>674 Calories 1326mg Sodium</i>
7/24/2023	7/25/2023	7/26/2023	7/27/2023	7/28/2023
Salisbury Beef Brown Gravy Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Fresh Fruit Milk <i>610 Calories 970mg Sodium</i>	Buffalo Breaded Chicken Chuckwagon Corn Broccoli Texas Bread Fudge Cream Cookie Milk <i>745 Calories 1021mg Sodium</i>	Lemon Pepper Pollock Lentils Sliced Carrots Wheat Bread Graham Crackers Milk <i>664 Calories 726mg Sodium</i>	Chicken Stroganoff Green Beans Cauliflower Wheat Bread Lemon Gelatin Milk <i>627 Calories 550mg Sodium</i>	<b>Office Closed</b>
7/31/2023				
Spinach Grilled Chicken Dirty Rice Diced Beets Texas Bread Nutty Buddy Bar Milk <i>655 Calories 1390mg Sodium</i>				

\* - Turkey  
+ - Pork

*Sarah Hutsler, RD, LD*  
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# Houston Cycle 3, 2023 Final Menu August



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>8/1/2023</b> Cheesy Beef Macaroni Broccoli Parslied Carrots Texas Bread Fresh Fruit Milk  <i>601 Calories 782mg Sodium</i>	<b>8/2/2023</b> Chicken Taco Charro Beans Mexican Style Tomatoes Flour Tortilla Lime Gelatin Milk Taco Sauce  <i>670 Calories 822mg Sodium</i>	<b>8/3/2023</b> Beef with Rosemary Gravy Whipped Potatoes Green Beans with Onions Wheat Bread Strawberry Craisins Milk  <i>644 Calories 937mg Sodium</i>	<b>8/4/2023</b> Polish Sausage+ Lentils Spring Vegetables Wheat Bread Fresh Banana Milk  <i>791 Calories 1218mg Sodium</i>
<b>8/7/2023</b>	<b>8/8/2023</b>	<b>8/9/2023</b>	<b>8/10/2023</b>	<b>8/11/2023</b>
Beef Meatballs with Gravy Parslied Rice Summer Vegetables Texas Bread Fresh Fruit Milk  <i>670 Calories 998mg Sodium</i>	BBQ Chicken Meatballs Macaroni and Cheese Green Beans Wheat Bread Chocolate Graham Crackers Milk  <i>667 Calories 903mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup  <i>633 Calories 1133mg Sodium</i>	Breaded Chicken Piccata Twice Whipped Potatoes Glazed Carrots Wheat Bread Orange Gelatin Milk  <i>674 Calories 1061mg Sodium</i>	Turkey and White Beans* Country Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine  <i>707 Calories 584mg Sodium</i>
<b>8/14/2023</b>	<b>8/15/2023</b>	<b>8/16/2023</b>	<b>8/17/2023</b>	<b>8/18/2023</b>
Breaded Chicken Marsala Penne Pasta Stewed Tomatoes Wheat Bread Fresh Fruit Milk  <i>640 Calories 961mg Sodium</i>	Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk  <i>621 Calories 739mg Sodium</i>	Chili Garlic Grilled Chicken Jasmine Rice Ginger Carrots Texas Bread Graham Crackers Milk  <i>600 Calories 1202mg Sodium</i>	Beef Taco Pinto Beans Garden Vegetables Flour Tortilla Birthday Cake Milk  Taco Sauce  <i>678 Calories 829mg Sodium</i>	Turkey Breast with Gravy* Whipped Sweet Potatoes Diced Beets Dinner Roll Sugar Cookie Milk  <i>601 Calories 1529mg Sodium</i>
<b>8/21/2023</b>	<b>8/22/2023</b>	<b>8/23/2023</b>	<b>8/24/2023</b>	<b>8/25/2023</b>
Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Nutty Buddy Bar Milk  <i>637 Calories 923mg Sodium</i>	Chicken Chili with Beans Green Peas Glazed Carrots Saltine Crackers Fresh Fruit Milk  <i>600 Calories 704mg Sodium</i>	Steakhouse Beef Meatballs Confetti Rice Green Beans Wheat Bread Oreo Cookies Milk  <i>620 Calories 936mg Sodium</i>	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine  <i>676 Calories 828mg Sodium</i>	Grilled Chicken with Gravy Macaroni and Cheese Cabbage Wheat Bread Strawberry Gelatin Milk  <i>605 Calories 1215mg Sodium</i>
<b>8/28/2023</b>	<b>8/29/2023</b>	<b>8/30/2023</b>	<b>8/31/2023</b>	
BBQ Pork Rib Patty+ Whole Kernel Corn Parslied Carrots Texas Bread Fresh Fruit Milk  <i>639 Calories 1042mg Sodium</i>	Cajun Meatloaf Parslied Rice Brussels Sprouts Wheat Bread Craisins Milk  <i>651 Calories 710mg Sodium</i>	Parmesan Breaded Chicken Parslied Penne Pasta Herbed Green Beans Texas Bread Fresh Orange Milk  <i>688 Calories 1167mg Sodium</i>	Beef with Mushroom Gravy Delmonico Potatoes Spring Vegetables Wheat Bread Orange Gelatin Milk  <i>644 Calories 1153mg Sodium</i>	* - Turkey + - Pork

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# Houston Cycle 3, 2023 Final Menu September



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>9/1/2023</b> <b>Labor Day</b> Polish Sausage+ Ranch Beans Coleslaw Hot Dog Bun Apple Crisp Milk Mustard <i>952 Calories 1600mg Sodium</i>
<b>9/4/2023</b>	<b>9/5/2023</b>	<b>9/6/2023</b>	<b>9/7/2023</b>	<b>9/8/2023</b>
<b>Closed for Holiday</b>	Buffalo Breaded Chicken Chuckwagon Corn Broccoli Texas Bread Fudge Cream Cookie Milk  <i>745 Calories 1021mg Sodium</i>	Lemon Pepper Pollock Lentils Sliced Carrots Wheat Bread Graham Crackers Milk  <i>664 Calories 726mg Sodium</i>	Chicken Stroganoff Green Beans Cauliflower Wheat Bread Lemon Gelatin Milk  <i>627 Calories 550mg Sodium</i>	Beef Chili with Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine  <i>739 Calories 733mg Sodium</i>
<b>9/11/2023</b>	<b>9/12/2023</b>	<b>9/13/2023</b>	<b>9/14/2023</b>	<b>9/15/2023</b>
Spinach Grilled Chicken Dirty Rice Diced Beets Texas Bread Nutty Buddy Bar Milk  <i>655 Calories 1390mg Sodium</i>	Cheesy Beef Macaroni Broccoli Parslied Carrots Texas Bread Fresh Fruit Milk  <i>601 Calories 782mg Sodium</i>	Chicken Taco Charro Beans Mexican Style Tomatoes Flour Tortilla Lime Gelatin Milk Taco Sauce  <i>670 Calories 822mg Sodium</i>	Beef with Rosemary Gravy Whipped Potatoes Green Beans with Onions Wheat Bread Strawberry Craisins Milk  <i>644 Calories 937mg Sodium</i>	Polish Sausage+ Lentils Spring Vegetables Wheat Bread Fresh Banana Milk  <i>791 Calories 1218mg Sodium</i>
<b>9/18/2023</b>	<b>9/19/2023</b>	<b>9/20/2023</b>	<b>9/21/2023</b>	<b>9/22/2023</b>
Beef Meatballs with Gravy Parslied Rice Summer Vegetables Texas Bread Fresh Fruit Milk  <i>670 Calories 998mg Sodium</i>	BBQ Chicken Meatballs Macaroni and Cheese Green Beans Wheat Bread Chocolate Graham Crackers Milk  <i>667 Calories 903mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup  <i>633 Calories 1133mg Sodium</i>	Breaded Chicken Piccata Twice Whipped Potatoes Glazed Carrots Wheat Bread Birthday Cake Milk   <i>738 Calories 1078mg Sodium</i>	Turkey and White Beans* Country Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine  <i>707 Calories 584mg Sodium</i>
<b>9/25/2023</b>	<b>9/26/2023</b>	<b>9/27/2023</b>	<b>9/28/2023</b>	<b>9/29/2023</b>
Breaded Chicken Marsala Penne Pasta Stewed Tomatoes Wheat Bread Fresh Fruit Milk  <i>640 Calories 961mg Sodium</i>	Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk  <i>621 Calories 739mg Sodium</i>	Chili Garlic Grilled Chicken Jasmine Rice Ginger Carrots Texas Bread Graham Crackers Milk  <i>600 Calories 1202mg Sodium</i>	Beef Taco Pinto Beans Garden Vegetables Flour Tortilla Lemon Lime Gelatin Milk Taco Sauce  <i>612 Calories 850mg Sodium</i>	<b>Office Closed</b>

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