

Houston Cycle 2, 2023 Final Menu April



Monday	Tuesday	Wednesday	Thursday	Friday
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fudge Cream Cookie Milk <i>640 Calories 853mg 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 Animal Crackers Milk <i>752 Calories 1135mg Sodium</i>	Easter Honey Mustard Glazed Ham+ Twice Whipped Potatoes Catalina Vegetables Dinner Roll Sugar Cookie Milk <i>626 Calories 1179mg Sodium</i>	Spinach Macaroni & Cheese Green Peas Cauliflower Dinner Roll Fresh Fruit Milk <i>774 Calories 802mg Sodium</i>
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
Parmesan Chicken Green Peas Broccoli and Cauliflower Texas Bread Nutty Buddy Bar Milk <i>692 Calories 1306mg Sodium</i>	Ham and Black-Eyed Peas+ Okra and Tomatoes Glazed Beets Texas Bread Fresh Banana Milk Margarine <i>608 Calories 1033mg Sodium</i>	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk <i>704 Calories 701mg Sodium</i>	Onion Chicken Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Oatmeal Cream Cookie Milk <i>779 Calories 887mg Sodium</i>	Hamburger Patty Baked Beans Sliced Carrots Hamburger Bun Cherry Gelatin Milk <i>696 Calories 1109mg Sodium</i>
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
Meatloaf Tomato Gravy Rice Lemon Brussels Sprouts Wheat Bread Cinnamon Graham Crackers Milk <i>660 Calories 866mg Sodium</i>	Chicken Piccata Penne Pasta Ginger Carrots Texas Bread Chocolate Pudding Milk <i>822 Calories 1213mg 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+ Whole Kernel Corn California Vegetable Wheat Bread Birthday Cake Milk  <i>690 Calories 893mg Sodium</i>	Chicken Tenders Whipped Potatoes Green Beans Texas Bread Fresh Orange Milk <i>693 Calories 848mg Sodium</i>
4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023
Diced Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Oatmeal Cream Cookie Milk <i>823 Calories 651mg Sodium</i>	Beef Meatballs with Gravy Whole Kernel Corn Cabbage Wheat Bread Fig Bar Milk <i>653 Calories 944mg Sodium</i>	Alfredo Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine <i>819 Calories 982mg Sodium</i>	Beef Italian Macaroni Green Peas Seasoned Cauliflower Wheat Bread Orange Gelatin Milk <i>663 Calories 1794mg Sodium</i>	Buffalo Ranch Chicken Oven Roasted Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk <i>614 Calories 860mg Sodium</i>

* - Turkey
+ - Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

Houston

Cycle 2, 2023 Final Menu

May



Monday	Tuesday	Wednesday	Thursday	Friday
5/1/2023	5/2/2023	5/3/2023	5/4/2023	5/5/2023
Turkey Rice Casserole* Broccoli Country Tomatoes Wheat Bread Fudge Cream Cookie Milk	Salisbury Beef Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk	Southwest Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Fruit Milk	Polish Sausage+ Lentils Sliced Carrots Wheat Bread Strawberry Gelatin Milk	Steakhouse Beef Meatballs Confetti Rice Green Beans Wheat Bread Fresh Banana Milk
661 Calories 736mg Sodium	696 Calories 1179mg Sodium	742 Calories 948mg Sodium	615 Calories 1239mg Sodium	625 Calories 852mg Sodium
5/8/2023	5/9/2023	5/10/2023	5/11/2023	5/12/2023
Confetti Chicken Rice Italian Vegetables Wheat Bread Oatmeal Cream Cookie Milk	Swiss Steak Whipped Potatoes Herbed Green Beans Wheat Bread Animal Crackers Milk	King Ranch Chicken Broccoli Glazed Carrots Wheat Bread Nutty Buddy Bar Milk	Glazed Ham+ Lima Beans Diced Beets Cornbread Fresh Fruit Milk Margarine	Mother's Day Lemon Pepper Chicken Parslied Rice Garden Vegetables Dinner Roll Lemon Blueberry Crisps Milk
743 Calories 904mg Sodium	678 Calories 998mg Sodium	614 Calories 584mg Sodium	692 Calories 1002mg Sodium	762 Calories 870mg Sodium
5/15/2023	5/16/2023	5/17/2023	5/18/2023	5/19/2023
Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fudge Cream Cookie Milk	Chicken Taco Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit Milk Taco Sauce	Creole Beef Mixed Beans Broccoli Wheat Bread Animal Crackers Milk	Polish Sausage+ Delmonico Potatoes Green Beans and Carrots Wheat Bread Birthday Cake Milk 	Spinach Macaroni & Cheese Green Peas Cauliflower Dinner Roll Fresh Fruit Milk
640 Calories 853mg Sodium	695 Calories 523mg Sodium	752 Calories 1135mg Sodium	804 Calories 1380mg Sodium	774 Calories 802mg Sodium
5/22/2023	5/23/2023	5/24/2023	5/25/2023	5/26/2023
Parmesan Chicken Green Peas Broccoli and Cauliflower Texas Bread Nutty Buddy Bar Milk	Ham and Black-Eyed Peas+ Okra and Tomatoes Glazed Beets Texas Bread Fresh Banana Milk Margarine	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk	Onion Chicken Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Oatmeal Cream Cookie Milk	Memorial Day Hamburger Patty Ranch Beans Sliced Carrots Hamburger Bun Vanilla Oreo Pudding Milk Mustard and Ketchup
692 Calories 1306mg Sodium	608 Calories 1033mg Sodium	704 Calories 701mg Sodium	779 Calories 887mg Sodium	779 Calories 1284mg Sodium
5/29/2023	5/30/2023	5/31/2023		
Closed for Holiday	Chicken Piccata Penne Pasta Ginger Carrots Texas Bread Chocolate Pudding Milk	Beef Taco Pinto Beans Creole Tomatoes Flour Tortilla Fudge Cream Cookie Milk Taco Sauce		
	822 Calories 1213mg Sodium	649 Calories 947mg Sodium		

* - Turkey
+ - Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

Houston

Cycle 2, 2023 Final Menu

June



Monday	Tuesday	Wednesday	Thursday	Friday
			6/1/2023	6/2/2023
			BBQ Pork Rib Patty+ Whole Kernel Corn California Vegetable Wheat Bread Lime Gelatin Milk <i>625 Calories 904mg Sodium</i>	Chicken Tenders Whipped Potatoes Green Beans Texas Bread Fresh Orange Milk <i>693 Calories 848mg Sodium</i>
6/5/2023	6/6/2023	6/7/2023	6/8/2023	6/9/2023
Diced Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Oatmeal Cream Cookie Milk <i>823 Calories 651mg Sodium</i>	Beef Meatballs with Gravy Whole Kernel Corn Cabbage Wheat Bread Fig Bar Milk <i>653 Calories 944mg Sodium</i>	Alfredo Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine <i>819 Calories 982mg Sodium</i>	Beef Italian Macaroni Green Peas Seasoned Cauliflower Wheat Bread Orange Gelatin Milk <i>663 Calories 1794mg Sodium</i>	Buffalo Ranch Chicken Oven Roasted Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk <i>614 Calories 860mg Sodium</i>
6/12/2023	6/13/2023	6/14/2023	6/15/2023	6/16/2023
Turkey Rice Casserole* Broccoli Country Tomatoes Wheat Bread Fudge Cream Cookie Milk <i>661 Calories 736mg Sodium</i>	Salisbury Beef Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk <i>696 Calories 1179mg Sodium</i>	Southwest Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Fruit Milk <i>742 Calories 948mg Sodium</i>	Polish Sausage+ Lentils Sliced Carrots Wheat Bread Birthday Cake Milk <i>858 Calories 1398mg Sodium</i>	Steakhouse Beef Meatballs Confetti Rice Green Beans Wheat Bread Fresh Banana Milk <i>625 Calories 852mg Sodium</i>
6/19/2023	6/20/2023	6/21/2023	6/22/2023	6/23/2023
Confetti Chicken Rice Italian Vegetables Wheat Bread Oatmeal Cream Cookie Milk <i>743 Calories 904mg Sodium</i>	Swiss Steak Whipped Potatoes Herbed Green Beans Wheat Bread Animal Crackers Milk <i>678 Calories 998mg Sodium</i>	King Ranch Chicken Broccoli Glazed Carrots Wheat Bread Nutty Buddy Bar Milk <i>614 Calories 584mg Sodium</i>	Glazed Ham+ Lima Beans Diced Beets Cornbread Fresh Fruit Milk Margarine <i>692 Calories 1002mg Sodium</i>	Baked Chicken with Gravy Lentils Parmesan Tomatoes Wheat Bread Fig Bar Milk <i>784 Calories 1132mg Sodium</i>
6/26/2023	6/27/2023	6/28/2023	6/29/2023	6/30/2023
Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fudge Cream Cookie Milk <i>640 Calories 853mg 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 Animal Crackers Milk <i>752 Calories 1135mg Sodium</i>	Polish Sausage+ Delmonico Potatoes Green Beans and Carrots Wheat Bread Lemon Gelatin Milk <i>738 Calories 1402mg Sodium</i>	Spinach Macaroni & Cheese Green Peas Cauliflower Dinner Roll Fresh Fruit Milk <i>774 Calories 802mg Sodium</i>

* - Turkey

+ - Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463