

# Houston Cycle 1, 2023 Final Menu January



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1/2/23</b>	<b>1/3/23</b>	<b>1/4/23</b>	<b>1/5/23</b>	<b>1/6/23</b>
<b>Closed for Holiday</b>	Chicken Piccata Penne Pasta Herbed Green Peas Wheat Bread Nutty Buddy Bar Milk <i>690 Calories 924mg Sodium</i>	Turkey Breast with Gravy* Lima Beans Stewed Tomatoes Cornbread Fudge Cream Cookie Milk Margarine <i>748 Calories 1362mg Sodium</i>	King Ranch Chicken Brown Rice Brussels Sprouts Wheat Bread Lime Gelatin Milk <i>660 Calories 637mg Sodium</i>	Tuna Noodle Au Gratin Green Beans Parslied Carrots Wheat Bread Animal Crackers Milk <i>622 Calories 867mg Sodium</i>
<b>1/9/23</b>	<b>1/10/23</b>	<b>1/11/23</b>	<b>1/12/23</b>	<b>1/13/23</b>
Marinara Chicken Parslied Penne Pasta Green Peas with Onions Dinner Roll Fresh Fruit Milk <i>731 Calories 1009mg Sodium</i>	Beef Enchilada Pie Mexican Rice Broccoli Wheat Bread Chocolate Graham Crackers Milk <i>687 Calories 1017mg Sodium</i>	Potato Crusted Pollock Garlic Whipped Potatoes Glazed Carrots Oatmeal Cream Cookie Milk Tartar Sauce <i>670 Calories 723mg Sodium</i>	Sloppy Joe Baked Beans Mixed Vegetables Hamburger Bun Cherry Gelatin Milk <i>698 Calories 1023mg Sodium</i>	Vegetable Lasagna Herbed Green Beans Diced Beets Texas Bread Sugar Cookie Milk <i>632 Calories 1304mg Sodium</i>
<b>1/16/23</b>	<b>1/17/23</b>	<b>1/18/23</b>	<b>1/19/23</b>	<b>1/20/23</b>
<b>Closed for Holiday</b>	Lemon Caper Chicken Pasta Florentine Broccoli Texas Bread Fudge Cream Cookie Milk <i>794 Calories 1012mg Sodium</i>	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Banana Milk Margarine <i>739 Calories 720mg Sodium</i>	Creamy Garlic Chicken Scalloped Potatoes Garden Vegetables Wheat Bread Birthday Cake Milk  <i>740 Calories 1205mg Sodium</i>	Pollock Fish Sticks Black-Eyed Peas Sliced Carrots Wheat Bread Nutty Buddy Bar Milk Ketchup <i>602 Calories 857mg Sodium</i>
<b>1/23/23</b>	<b>1/24/23</b>	<b>1/25/23</b>	<b>1/26/23</b>	<b>1/27/23</b>
Diced Sesame Chicken Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>673 Calories 666mg Sodium</i>	BBQ Beef Meatballs Whipped Potatoes Herbed Brussels Sprouts Wheat Bread Strawberry Craisins Milk <i>646 Calories 941mg Sodium</i>	Turkey Noodle Casserole* Stewed Tomatoes Green Beans Wheat Bread Fresh Banana Milk <i>613 Calories 573mg Sodium</i>	Polish Sausage+ Ranch Beans Peas and Carrots Hot Dog Bun Orange Gelatin Milk Mustard <i>879 Calories 1606mg Sodium</i>	Macaroni and Cheese Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>611 Calories 901mg Sodium</i>
<b>1/30/23</b>	<b>1/31/23</b>			
Swiss Steak Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Fresh Fruit Milk <i>621 Calories 918mg Sodium</i>	Creole Chicken Cajun Rice Spinach Texas Bread Animal Crackers Milk <i>767 Calories 1274mg Sodium</i>			* - Turkey + - Pork

*Sarah Hutsler, RD, LD*

Sarah Hutsler, RD, LD #DT81463

# Houston

## Cycle 1, 2023 Final Menu

### February



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>2/1/2023</b>	<b>2/2/2023</b>	<b>2/3/2023</b>
		Cheesy Beef Macaroni Green Beans Cauliflower Texas Bread Fresh Fruit Milk  <i>604 Calories 734mg Sodium</i>	Chicken Taco Cilantro Lime Corn Glazed Carrots Flour Tortilla Lemon Gelatin Milk Taco Sauce  <i>655 Calories 1058mg Sodium</i>	Bean Chili Parslied Rice Green Peas Cornbread Fig Bar Milk Margarine  <i>943 Calories 655mg Sodium</i>
<b>2/6/2023</b>	<b>2/7/2023</b>	<b>2/8/2023</b>	<b>2/9/2023</b>	<b>2/10/2023</b>
BBQ Pork Rib Patty+ Macaroni and Cheese Lemon Broccoli Wheat Bread Nutty Buddy Bar Milk  <i>669 Calories 1188mg Sodium</i>	Lemon Pepper Chicken Confetti Rice Brussels Sprouts Dinner Roll Fresh Fruit Milk  <i>699 Calories 822mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup  <i>620 Calories 1100mg Sodium</i>	Glazed Ham+ Delmonico Potatoes Country Tomatoes Texas Bread Chocolate Pudding Milk  <i>679 Calories 1318mg Sodium</i>	Three Cheese Ziti Green Beans Rosemary Carrots Wheat Bread Fresh Fruit Milk  <i>640 Calories 801mg Sodium</i>
<b>2/13/2023</b>	<b>2/14/2023</b>	<b>2/15/2023</b>	<b>2/16/2023</b>	<b>2/17/2023</b>
Meatloaf Brown Gravy Whipped Potatoes Spring Vegetables Dinner Roll Fresh Fruit Milk  <i>771 Calories 803mg Sodium</i>	<b>Valentine's Day</b> Honey Mustard Chicken Parslied Penne Pasta Garden Vegetables Dinner Roll Brownie Milk  <i>934 Calories 990mg Sodium</i>	Turkey Breast with Gravy* Lima Beans Stewed Tomatoes Cornbread Fudge Cream Cookie Milk Margarine  <i>748 Calories 1362mg Sodium</i>	King Ranch Chicken Brown Rice Brussels Sprouts Wheat Bread Birthday Cake Milk  <i>727 Calories 615mg Sodium</i>	Tuna Noodle Au Gratin Green Beans Parslied Carrots Wheat Bread Animal Crackers Milk  <i>622 Calories 867mg Sodium</i>
<b>2/20/2023</b>	<b>2/21/2023</b>	<b>2/22/2023</b>	<b>2/23/2023</b>	<b>2/24/2023</b>
Marinara Chicken Parslied Penne Pasta Green Peas with Onions Dinner Roll Fresh Fruit Milk  <i>731 Calories 1009mg Sodium</i>	Beef Enchilada Pie Mexican Rice Broccoli Wheat Bread Chocolate Graham Crackers Milk  <i>687 Calories 1017mg Sodium</i>	Potato Crusted Pollock Garlic Whipped Potatoes Glazed Carrots Oatmeal Cream Cookie Milk Tartar Sauce  <i>670 Calories 723mg Sodium</i>	Sloppy Joe Baked Beans Mixed Vegetables Hamburger Bun Cherry Gelatin Milk  <i>698 Calories 1023mg Sodium</i>	Vegetable Lasagna Herbed Green Beans Diced Beets Texas Bread Sugar Cookie Milk  <i>632 Calories 1304mg Sodium</i>
<b>2/27/2023</b>	<b>2/28/2023</b>			
Salisbury Beef Brown Gravy Lentils Country Tomatoes Wheat Bread Fresh Fruit Milk  <i>793 Calories 1090mg Sodium</i>	Lemon Caper Chicken Pasta Florentine Broccoli Texas Bread Fudge Cream Cookie Milk  <i>794 Calories 1012mg Sodium</i>			

\* - Turkey  
+ - Pork

*Sarah Hutsler, RD, LD*

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# Houston

## Cycle 1, 2023 Final Menu

### March



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>3/1/2023</b>	<b>3/2/2023</b>	<b>3/3/2023</b>
		Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Banana Milk Margarine <i>739 Calories 720mg Sodium</i>	Creamy Garlic Chicken Scalloped Potatoes Garden Vegetables Wheat Bread Oreo Vanilla Pudding Milk <i>759 Calories 1283mg Sodium</i>	Pollock Fish Sticks Black-Eyed Peas Sliced Carrots Wheat Bread Nutty Buddy Bar Milk Ketchup <i>602 Calories 857mg Sodium</i>
<b>3/6/2023</b>	<b>3/7/2023</b>	<b>3/8/2023</b>	<b>3/9/2023</b>	<b>3/10/2023</b>
Diced Sesame Chicken Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>673 Calories 666mg Sodium</i>	BBQ Beef Meatballs Whipped Potatoes Herbed Brussels Sprouts Wheat Bread Strawberry Craisins Milk <i>646 Calories 941mg Sodium</i>	Turkey Noodle Casserole* Stewed Tomatoes Green Beans Wheat Bread Fresh Banana Milk <i>613 Calories 573mg Sodium</i>	Polish Sausage+ Ranch Beans Peas and Carrots Hot Dog Bun Orange Gelatin Milk Mustard <i>879 Calories 1606mg Sodium</i>	Macaroni and Cheese Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>611 Calories 901mg Sodium</i>
<b>3/13/2023</b>	<b>3/14/2023</b>	<b>3/15/2023</b>	<b>3/16/2023</b>	<b>3/17/2023</b>
Swiss Steak Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Fresh Fruit Milk <i>621 Calories 918mg Sodium</i>	Creole Chicken Cajun Rice Spinach Texas Bread Animal Crackers Milk <i>767 Calories 1274mg Sodium</i>	Cheesy Beef Macaroni Green Beans Cauliflower Texas Bread Fresh Fruit Milk <i>604 Calories 734mg Sodium</i>	Chicken Taco Cilantro Lime Corn Glazed Carrots Flour Tortilla Birthday Cake Milk Taco Sauce <i>718 Calories 1075mg Sodium</i>	Bean Chili Parslied Rice Green Peas Cornbread Fig Bar Milk Margarine <i>943 Calories 655mg Sodium</i>
<b>3/20/2023</b>	<b>3/21/2023</b>	<b>3/22/2023</b>	<b>3/23/2023</b>	<b>3/24/2023</b>
BBQ Pork Rib Patty+ Macaroni and Cheese Lemon Broccoli Wheat Bread Nutty Buddy Bar Milk <i>669 Calories 1188mg Sodium</i>	Lemon Pepper Chicken Confetti Rice Brussels Sprouts Dinner Roll Fresh Fruit Milk <i>699 Calories 822mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>620 Calories 1100mg Sodium</i>	Glazed Ham+ Delmonico Potatoes Country Tomatoes Texas Bread Chocolate Pudding Milk <i>679 Calories 1318mg Sodium</i>	Three Cheese Ziti Green Beans Rosemary Carrots Wheat Bread Fresh Fruit Milk <i>640 Calories 801mg Sodium</i>
<b>3/27/2023</b>	<b>3/28/2023</b>	<b>3/29/2023</b>	<b>3/30/2023</b>	<b>3/31/2023</b>
Meatloaf Brown Gravy Whipped Potatoes Spring Vegetables Dinner Roll Fresh Fruit Milk <i>771 Calories 803mg Sodium</i>	Chicken Piccata Penne Pasta Herbed Green Peas Wheat Bread Nutty Buddy Bar Milk <i>690 Calories 924mg Sodium</i>	Turkey Breast with Gravy* Lima Beans Stewed Tomatoes Cornbread Fudge Cream Cookie Milk Margarine <i>748 Calories 1362mg Sodium</i>	King Ranch Chicken Brown Rice Brussels Sprouts Wheat Bread Lime Gelatin Milk <i>660 Calories 637mg Sodium</i>	Tuna Noodle Au Gratin Green Beans Parslied Carrots Wheat Bread Animal Crackers Milk <i>622 Calories 867mg Sodium</i>

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