



JANUARY 2025

**HOUSTON
CYCLE 1, 2025 FINAL MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	
1/1/2025					
 TRIO Community Meals Nourishment through compassionate care.	Closed for Holiday			King Ranch Chicken Whole Kernel Corn Sliced Carrots Texas Bread Cherry Craisins Milk 695 Calories 704mg Sodium	Salisbury Beef Onion Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk 683 Calories 912mg Sodium
	1/6/2025				
Swiss Steak Spanish Rice Parslied Carrots Wheat Bread Fresh Fruit Milk 627 Calories 951mg Sodium	BBQ Pork Rib Patty+ Garlic Whipped Potatoes Brussels Sprouts Wheat Bread Nutty Buddy Bar Milk 679 Calories 1297mg Sodium	Buffalo Chicken Patty Chili Beans Okra and Tomatoes Cornbread Oatmeal Cream Cookie Milk Margarine 822 Calories 1141mg Sodium	Horseradish Beef Meatballs Penne Pasta Green Beans Wheat Bread Chocolate Graham Crackers Milk 659 Calories 1056mg Sodium	Spaghetti Torte Broccoli Diced Beets Texas Bread Fresh Fruit Milk 701 Calories 1220mg Sodium	
1/13/2025					
Polish Pork Sausage+ Tater Gems Spring Vegetables Hot Dog Bun Fresh Fruit Milk Mustard 820 Calories 1711mg Sodium	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Broccoli Texas Bread Strawberry Craisins Milk 717 Calories 1168mg Sodium	Chicken Taco Charro Beans Parslied Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce 687 Calories 734mg Sodium	Beef Chili with Beans Rice Diced Beets Saltine Crackers Birthday Cake Milk  625 Calories 826mg Sodium	Turkey Rice Casserole* Seasoned Cauliflower Green Beans Wheat Bread Fresh Banana Milk 610 Calories 1307mg Sodium	
1/20/2025					
1/21/2025					
1/22/2025					
1/23/2025					
1/24/2025					
1/27/2025					
1/28/2025					
1/29/2025					
1/30/2025					
1/31/2025					
Breaded Chicken Tenders Poultry Gravy Whipped Potatoes Summer Vegetables Texas Bread Fudge Cream Cookie Milk 731 Calories 988mg Sodium	Beef and Bean Burrito Queso Sauce Mexican Rice Glazed Carrots Fresh Banana Milk Taco Sauce 677 Calories 1131mg Sodium	Diced Chili Garlic Chicken Jasmine Rice Japanese Vegetables Texas Bread Sugar Cookie Milk 731 Calories 839mg Sodium	Glazed Pork Ham+ Lima Beans Country Vegetables Cornbread Fresh Fruit Milk Margarine 705 Calories 892mg Sodium	Tuna Noodle Casserole Garlic Parmesan Cauliflower Creamed Spinach Wheat Bread Graham Crackers Milk 613 Calories 971mg Sodium	

* - Turkey

+ - Pork

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463



FEBRUARY 2025

HOUSTON CYCLE 1, 2025 FINAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2/3/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025
Meatloaf Brown Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit Milk <i>618 Calories 990mg Sodium</i>	Lemon Caper Breaded Chicken Rice Broccoli Texas Bread Fresh Fruit Milk <i>705 Calories 868mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>640 Calories 879mg Sodium</i>	Chicken Chow Mein Lentils Sliced Carrots Graham Crackers Milk <i>670 Calories 601mg Sodium</i>	Three Cheese Ziti Green Beans Cabbage Wheat Bread Fresh Orange Milk <i>605 Calories 757mg Sodium</i>
2/10/2025	2/11/2025	2/12/2025	2/13/2025	2/14/2025
Breaded Pork Patty+ Country Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk <i>892 Calories 912mg Sodium</i>	Marinara Breaded Chicken Penne Pasta Green Beans with Onions Texas Bread Oreo Cookies Milk <i>759 Calories 1242mg Sodium</i>	Beef Picadillo Pinto Beans Sliced Carrots Flour Tortilla Fudge Cream Cookie Milk <i>677 Calories 848mg Sodium</i>	Turkey Jambalaya* Country Tomatoes Cabbage Saltine Crackers Craisins Milk <i>608 Calories 642mg Sodium</i>	Valentine's Day French Onion Chicken Patty Parslied Rice Catalina Vegetables Dinner Roll Sugar Cookie Milk <i>613 Calories 1130mg Sodium</i>
2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025
Swiss Steak Spanish Rice Parslied Carrots Wheat Bread Fresh Fruit Milk <i>627 Calories 951mg Sodium</i>	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 Birthday Cake  Milk <i>674 Calories 984mg Sodium</i>	Spaghetti Torte Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>701 Calories 1220mg Sodium</i>
2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025
Polish Pork Sausage+ Tater Gems Spring Vegetables Hot Dog Bun Fresh Fruit Milk Mustard <i>820 Calories 1711mg Sodium</i>	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Broccoli Texas Bread Strawberry Craisins Milk <i>717 Calories 1168mg Sodium</i>	Chicken Taco Charro Beans Parslied Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce <i>687 Calories 734mg Sodium</i>	Beef Chili with Beans Rice Diced Beets Saltine Crackers Nutty Buddy Bar Milk <i>605 Calories 783mg Sodium</i>	Turkey Rice Casserole* Seasoned Cauliflower Green Beans Wheat Bread Fresh Banana Milk <i>610 Calories 1307mg Sodium</i>

* - Turkey

+ - Pork



**Nourishment through
compassionate care.**

Sarah Hutsler, RD, LD

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MARCH 2025

HOUSTON
CYCLE 1, 2025 FINAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
Cilantro Lime Chicken Patty Pinto Beans Mexican Style Tomatoes Flour Tortilla Fresh Fruit Milk 641 Calories 1009mg Sodium	Korean BBQ Beef Meatballs Jasmine Rice Asian Cabbage Wheat Bread Oatmeal Cream Cookie Milk 739 Calories 1158mg Sodium	Lemon Pepper Pollock Lentils Glazed Carrots Wheat Bread Fresh Banana Milk 697 Calories 603mg Sodium	Pork Sausage/Onions/Peppers+ Parslied Penne Pasta Broccoli Wheat Bread Graham Crackers Milk 705 Calories 1239mg Sodium	Macaroni and Cheese Brussels Sprouts Mixed Vegetables Texas Bread Fig Bar Milk 727 Calories 842mg Sodium
3/10/2025	3/11/2025	3/12/2025	3/13/2025	3/14/2025
Breaded Chicken Tenders Poultry Gravy Whipped Potatoes Summer Vegetables Texas Bread Fudge Cream Cookie Milk 731 Calories 988mg Sodium	Beef and Bean Burrito Queso Sauce Mexican Rice Glazed Carrots Fresh Banana Milk Taco Sauce 677 Calories 1131mg Sodium	Diced Chili Garlic Chicken Jasmine Rice Japanese Vegetables Texas Bread Sugar Cookie Milk 731 Calories 839mg Sodium	Glazed Pork Ham+ Lima Beans Country Vegetables Cornbread Fresh Fruit Milk Margarine 705 Calories 892mg Sodium	Tuna Noodle Casserole Garlic Parmesan Cauliflower Creamed Spinach Wheat Bread Graham Crackers Milk 613 Calories 971mg Sodium
3/17/2025	3/18/2025	3/19/2025	3/20/2025	3/21/2025
Meatloaf Brown Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit Milk 618 Calories 990mg Sodium	Lemon Caper Breaded Chicken Rice Broccoli Texas Bread Fresh Fruit Milk 705 Calories 868mg Sodium	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup 640 Calories 879mg Sodium	Chicken Chow Mein Lentils Sliced Carrots Birthday Cake Milk  728 Calories 643mg Sodium	Three Cheese Ziti Green Beans Cabbage Wheat Bread Fresh Orange Milk 605 Calories 757mg Sodium
3/24/2025	3/25/2025	3/26/2025	3/27/2025	3/28/2025
Breaded Pork Patty+ Country Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk 892 Calories 912mg Sodium	Marinara Breaded Chicken Penne Pasta Green Beans with Onions Texas Bread Oreo Cookies Milk 759 Calories 1242mg Sodium	Beef Picadillo Pinto Beans Sliced Carrots Flour Tortilla Fudge Cream Cookie Milk 677 Calories 848mg Sodium	Turkey Jambalaya* Country Tomatoes Cabbage Saltine Crackers Craisins Milk 608 Calories 642mg Sodium	Bean Chili Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine 826 Calories 492mg Sodium
3/31/2025				
Swiss Steak Spanish Rice Parslied Carrots Wheat Bread Fresh Fruit Milk 627 Calories 951mg Sodium				

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