

# Houston Cycle 1, 2019 Final Menu January - March

Monday	Tuesday	Wednesday	Thursday	Friday
Parmesan Chicken Macaroni and Cheese Italian Vegetables Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same <i>601 Calories 78.4gm CHO</i> 2/11, 3/25 🍴	Meatloaf Brown Gravy Oven Roasted Potatoes Herbed Green Beans Dinner Roll Oatmeal Cream Cookie Milk Diet - Same <i>732 Calories 95.7gm CHO</i> Closed, 2/12, 3/26	Smoked Sausage*+ Baked Beans Parslied Carrots Hot Dog Bun Fresh Banana Milk Mustard Diet - Same <i>672 Calories 100.0gm CHO</i> 1/2, 2/13, 3/27 🍴	Beef Stroganoff Green Peas Squash Medley Texas Bread Sugar Cookie Milk Diet - Cookie <i>706 Calories 98.7gm CHO</i> 1/3, Valentine's Day, 3/28 🍴	Breaded Fish Whole Kernel Corn Broccoli Hamburger Bun Fresh Fruit Milk Tartar Sauce Diet - Same <i>680 Calories 97.8gm CHO</i> 1/4, 2/15, Lent
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk Diet - Same <i>688 Calories 92.2gm CHO</i> 1/7, 2/18	Diced Caesar Chicken ☒ Lemon Herb Pasta Mediterranean Vegetables Pita Bread Pineapple Pudding ☒ Milk Diet - Vanilla Pudding <i>789 Calories 98.6gm CHO</i> 1/8, 2/19	Southwestern Stew ☒ Parslied Potatoes California Vegetables Saltine Crackers Fresh Banana Milk Diet - Same <i>621 Calories 101.8gm CHO</i> 1/9, 2/20 🍴	Sausage with Red Beans*+ Cajun Rice Cabbage Cornbread Fudge Cream Cookie Milk Margarine Diet - Same <i>909 Calories 122.9gm CHO</i> 1/10, 2/21 🍴	Tuscan Chicken Meatballs ☒ Peas and Carrots Italian Green Beans Dinner Roll Fresh Fruit Milk Diet - Same <i>637 Calories 77.1gm CHO</i> 1/11, 2/22 🍴
Rosemary Pork Patty+ Parslied Rice Catalina Vegetables Wheat Bread Fresh Fruit Milk Diet - Same <i>631 Calories 78.1gm CHO</i> 1/14, 2/25	Sloppy Joe Oven Roasted Potatoes Spring Vegetables Hamburger Bun Chocolate Chip Cookie Milk Diet - Cookie <i>593 Calories 78.4gm CHO</i> 1/15, 2/26 🍴	Chicken Alfredo Ginger Carrots Stewed Tomatoes Wheat Bread Fresh Fruit Milk Diet - Same <i>650 Calories 94.2gm CHO</i> 1/16, 2/27	Pork Carnitas+ Pinto Beans Fiesta Vegetables Flour Tortilla Fresh Banana Milk Diet - Same <i>601 Calories 93.2gm CHO</i> 1/17, 2/28 🍴	Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Texas Bread Lime Gelatin Milk Diet - Gelatin <i>519 Calories 79.0gm CHO</i> 1/18, 3/1 🍴
Beef with Country Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk Diet - Same <i>628 Calories 79.8gm CHO</i> Closed, 3/4	Confetti Chicken Spanish Rice Cabbage Dinner Roll Fig Bar Milk Diet - Same <i>802 Calories 93.6gm CHO</i> 1/22, 3/5	Potato Crusted Fish Black-Eyed Peas Diced Beets Wheat Bread Fresh Fruit Milk Tartar Sauce Diet - Same <i>610 Calories 81.9gm CHO</i> 1/23, Ash Wednesday	Ham with Red Eye Gravy+ ☒ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine Diet - Same <i>639 Calories 90.6gm CHO</i> 1/24, 3/7	Cheesy Beef Macaroni Broccoli Glazed Carrots Wheat Bread Chocolate Chip Pudding Milk Diet - Chocolate Pudding <i>690 Calories 84.5gm CHO</i> 1/25, Lent 🍴
BBQ Chicken Meatballs Baked Beans Country Vegetables Wheat Bread Fresh Fruit Milk Diet - Same <i>709 Calories 104.6gm CHO</i> 1/28, 3/11	Beef with Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Orange Gelatin Milk Diet - Gelatin <i>559 Calories 66.7gm CHO</i> 1/29, 3/12	Ham and Rice Casserole+ Green Peas with Onions Stewed Tomatoes Wheat Bread Fresh Banana Milk Diet - Same <i>646 Calories 110.3gm CHO</i> 1/30, 3/13 🍴	Baked Chicken Chicken Gravy Cheesy Garlic Polenta Green Beans Wheat Bread Fresh Fruit Milk Diet - Same <i>645 Calories 87.9gm CHO</i> 1/31, 3/14	Tuna Salad Potato Salad Marinated Carrots Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same <i>621 Calories 82.9gm CHO</i> 2/1, Lent 🍴
Swiss Steak Ranch Whipped Potatoes Green Beans with Onions Wheat Bread Fresh Fruit Milk Diet - Same <i>609 Calories 80.0gm CHO</i> 2/4, 3/18	Chicken Piccata ☒ Pasta Florentine Country Tomatoes Dinner Roll Fresh Fruit Milk Diet - Same <i>660 Calories 85.7gm CHO</i> 2/5, 3/19 🍴	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup Diet - Same <i>630 Calories 82.0gm CHO</i> 2/6, 3/20	Mexican Chicken Chili Parslied Rice Mixed Greens Cornbread Fresh Banana Milk Margarine Diet - Same <i>831 Calories 104.0gm CHO</i> 2/7, 3/21	Vegetable Lasagna Broccoli Ginger Carrots Whole Wheat Breadstick Oatmeal Raisin Cookie Milk Diet - Cookie <i>582 Calories 81.8gm CHO</i> 2/8, Lent 🍴

\* - Turkey

+ - Pork

☒ - New Menu Item

🍴 Meal ≥ 1000mg Sodium

(Nutrient totals are for diet dessert options)

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