



SEPTEMBER

Robinette Senior Center
1423 S. Ellison Dr. Bldg 2
San Antonio, TX. 78245
210-207-3260

(Note: Calendar subject to change without advance notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy LABOR DAY! Center Closed	2 8:30a-Field Trip- North-East Senior Center-Senior Games Opening Ceremony (priority will be given to participants and spirit squad)	3 9:30a-10:30a New Member Orientation (DR) 1:00p-1:30p Bus Rider Meeting-Anna Marie (DR)	4 8:30a-Field Trip-Doris Griffin Senior Center-Billiards Round 1 12:00p-1:00p Bingo-Joe(DR)	5 9:00a-11:00a Gardopia Community Garden Day and Open House-(AR)
8 1:30p-2:30p New Member Orientation-(DR)	9 9:30a-10:30a Grandparents Day Show and Tell (DR) 12:15p-1:30p Craft- Rock Painting-Johnny (AR)	10 9:15a-10:30a Craft- Maracas Painting- Johnny (DR) 10:00a-10:30a Volunteer Training	11 9:00a-12:00p Resource Fair (Gym) 12:15p-1:15p Loteria- Jorge(DR)	12 9:30a-12:00pm-River City Fresh Produce Market (DR)
15 12:15p-1:00p Game of Trivia-(DR)	16 9:00a-10:30a ACCOG-Open Enrollment- Lydia (DR) 3:00pm-6:00pm Senior Center Month Celebration (DR)	17 9:30a-10:30a New Member Orientation (DR)	18 12:00p-1:00p Bingo-Johnny D-(DR)	19 10:15a-10:30a Nutrition Ed- The Incredible Egg(DR) 10:30a-10:45a Health Talk (DR) 12:00p-2:00p Movie Time (DR)
22 9:30a-10:30a CareGiver SOS INFO-Jennifer (DR)	23 10:15a-10:30a Nutrition Ed-The Incredible Egg(DR) 2:00p-3:00p New Member Orientation (DR)	24 Robinette Spirit Day! Wear your Robin T-Shirts! 9:00a-11:00a SENIOR GAMES-Chair VolleyBall-Finals!	25 9:30a-10:30a Seniors in Play Ambassador's Tour and Open House (DR) 12:15p-1:15pm Loteria-Jorge (DR)	26 8:30am Field Trip-Walker Ranch Senior Games 2:30p-CENTER CLOSES
29 9:00a- Field Trip-Hobby Lobby	30 10:00a-10:30a Robin Roost Store-(AR)	Oct. 1 	Oct. 2 	Oct. 3

DAILY ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30a-10:00a WellMed-Stretch Class-Marivel (Gym)	 8:00a-10:30a Quilting-Carolina(AR)	9:00a-10:00a YMCA -Silver Sneakers -Ener-Chi -Natalie (Gym) (9/24 No Class)	9:00a-10:00a YWCA -Line Dance - Jane (Gym)	8:00a-9:00a YMCA -Chair Yoga -Erma (Gym)
10:00a-11:00a YMCA-Line Dancing - Inez (Gym)		9:00a-10:30a Beginning Quilting-Yolanda M. (AR)	9:00a-11:00a Bihl Haus-Beginning Drawing-Liz(AR)	9:30a-11:00a Urban 15 -A Bailar-(Gym)
12:00p-1:30p Crochet/Knitting -Maria (AR) Everyone Welcome! Mostly Spanish.	9:00a-10:00a YWCA-Zumba Gold - Jessica (Gym)	10:30a-11:15a YWCA -Yo-Chi -Jessica (Gym) (9/24 No Class)	9:00a-11:00a OASIS Computer Class (Check Flyer for Topics)-William (CR)	9:30a-10:00a How to Use Fitness Equipment (ask at front desk)
12:30p-1:30p YMCA -Zumba Gold - Robyn (Gym)	9:00a-11:00a available: 9/2, 9/16, 9/30 Medicare Assist. Info/ Table (Hallway)	11:30a-12:30p Wednesdays Walkabout-(Gym) (9/24 Cancelled)	10:00a-11:00a YMCA-SS Classic - Natalie (Gym)	12:00p-1:30p Friday Fun Day in The Gym Day
Technology Class - OATS-(English) 1:30p-2:30p -Rolona-(CR) 9/3-Privacy&Security 9/10-Google Gemini 9/17-Virtual Activism 9/24-Mindfulness Apps	10:00a-11:00a YMCA -Yoga- Erma (Gym) 	Technology Class -OATS-(English) 1:30p-2:30p -Rolona-(CR) 9/8-Virtual Museum 9/15-(No Class) 9/22-Tools for Contacting Lawmakers 9/29-Digital Scrapbooking Tools	11:00a-12:00p Basketball Free Play	12:00p-2:00p Monthly Movie (DR) 9/19-Movie "Working Man" (2025)
Technology Class OATS-(Spanish) 3:00p-4:00p -Brenda (CR) 9/8,9/15-ahorrar dinero con tecnología 9/22-protect personal info online 9/29-Antivirus/ Malware Removal	11:00a-12:00p Basketball Free Play	12:00p-2:00p Chair Volleyball-Beginners only-(Gym)	12:00p-1:30p Seniors in Play (AR)	Starring: Jason Statham in his most recent action movie.
	12:00p-2:00p KARAOKE- (volunteer led)-Art A. (DR) 	1:00p-3:00p Bihl Haus-Beginning Painting-Liz(AR)	1:00p-3:00p OASIS Computer Class (Check Flyer for Topics)-William (CR)	

WELCOME TO ROBINETTE SENIOR CENTER!

**All Bexar County Resident Seniors 60+
are eligible to register to be a member.
Membership is free!**

Senior Center Hours

Monday-Thursday:
7:00am-8:00pm
Friday:
7:00am-4:00pm



LUNCH TIME!

H.E.A.L. PROGRAM

(Healthy Eating, Aging, Living)

Join us for a healthy lunch with friends or meet new ones.
Lunch Ticket Distribution - 8:30am-11:00am (or until tickets run out).

Lunch is served from 11:00am-12:00pm (while supplies last.)
Lunch is on a first come, first served basis. So come early.

**Senior lunch time, during Summer Youth Program,
will change from 12:00pm—1:00pm.**

***NOTE: Meals Cannot be Taken Out of Dining Room**

Meal Program Requirement: Members Must attend one 15
minute Nutrition Education Class each year.

NEW MEMBER ORIENTATION (CHECK CALENDAR FOR TIMES)

**MORE ACTIVITIES!
MORE HOURS!**

**Senior Services
Extended Hours Program
4pm -8pm.**

Remember to sign in after 4pm at Computer
Kiosk even if you signed in before 4pm.

Fitness Area and Classes

Please wear appropriate workout attire (i.e.
sneakers, gym pants/shorts, etc.)

No jeans No Sandals

Only water bottles allowed. Fitness Equip-
ment Orientation Fridays at 9:30am to
10:00am.



Health Screenings

w/ **Nurse Marivel LVN**

Monday, Tuesday, Friday

Office Hours: 8am-3:30pm

(closed for 1 hr lunch)

**Blood Pressure *Blood Sugar*
Weight/BMI (body mass index)**

***Shuttle Bus reservations should be made no later than
3:30pm Tuesday, prior to the week for pick up service.
See front desk for assistance***



RULES of CONDUCT

1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
2. Participant should not harass or discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age, or disability.
3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the Center or grounds.
4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the influence.
5. Participant should not bring or consume food or beverages in the computer labs.
6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
8. Participants should not steal, destroy or damage property in the Center.
9. Only drinks with tops are allowed outside of the Dining Room.
10. Hot Meals, as well as juice or milk, are not allowed to be taken home; they must be consumed during lunch hour in the Dining Room.

GOODBYE SUMMER

**HELLO
FALL!!!**

IMPORTANT CENTER DATES and THINGS to REMEMBER

Please remember to bring your Membership Card at all times to
CHECK-IN at the FRONT DESK. You will also need your Membership Card to
check-in for lunch in the Dining Room.

Hot Meals Cannot be TAKEN OUT of Dining Room. This includes juice and milk.

EARLY CLOSURE AT 2:30pm every fourth Friday of the Month!

Senior Center Games Opening Ceremony Sept 2nd 8:30am @ NE Senior Center

Gardopia Community Garden Day Open House Sept 5th 9:00am-11:00am

Robinette Senior Center Resource Fair Sept 11th 9:00am-12:00pm

Senior Center Month Open House Celebration Sept 16th (refreshments served).

Sept 24th- Robinette Spirit Day! Wear your Robin T-Shirts (or a Teal Shirt)!

Senior Center Games Closing Ceremony Sept 26th 8:30am @ Walker Ranch

September Evening Events

**Barbara "Robbie"
Senior Center**
1423 South Ellison Dr. Bldg #2
San Antonio, TX 78245
210-207-3260
Monday—Thursday, 4:00pm-8:00pm

Monday	Tuesday	Wednesday	Thursday
<p>1. Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>2. Tech Class /OATS AI All Around Elizabeth 4-5pm (CR)</p> <p>Arts & Crafts 5-6pm (AR)</p> 	<p>3. Tech Class /OATS : AI Image Generators Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>4. Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BIINGO 5-6pm (DR)</p> 
<p>8. Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>9 Tech Class /OATS AI Voice & Video Generators Elizabeth 4-5pm (CR)</p> <p>Games 5-6pm (LOBBY)</p> 	<p>10 Tech Class /OATS: Navigating Medicare Resources Online Elizabeth 4-5pm (CR)</p> <p>BIINGO 5-6pm (DR)</p>  <p>YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>11 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p> 
<p>15 Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>16 Tech Class /OATS My Chart Elizabeth 4-5pm (CR)</p> <p>Celebrate! NATIONAL SENIOR CENTER MONTH Senior Center Month Celebration 3pm – 6pm (DR)</p> <p>Heritage Neighborhood Association Meeting 7-8PM (DR)</p> 	<p>17 Tech Class /OATS: Online RX Drug Resources Elizabeth 4-5pm (CR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>18 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BIINGO 5-6pm (DR)</p> 
<p>22. Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>23. Tech Class /OATS Student Choice Elizabeth 4-5pm (CR)</p> <p>Movie: Honna's 5pm—7pm (DR)</p> 	<p>24 Tech Class /OATS : Mindful Apps Elizabeth 4-5pm (CR)</p> <p>BIINGO 5-6pm (DR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>25. Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p> 
<p>29 Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>30 Tech Class /OATS Tech basics for Caregiving Elizabeth 4-5pm (CR)</p> <p>Robin Roost Store 5-7PM</p> 	<p>31 Tech Class /OATS Student Choice Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.</p>



September 2025



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY - HEAL HOLIDAY	9/1/2025	9/2/2025	9/3/2025	9/4/2025	9/5/2025
	Grilled Chicken Marsala [6] Whipped Sweet Potatoes [29]♥ Herbed Green Peas [12]♥ Whole Grain Roll [13]♥ Diced Pears [17] ♥ 2% Milk [12] ♥	Sweet & Sour Meatballs [23] over Sesame Rice [22]♥ Steamed Dumplings [12]♥ Broccoli w/ Red Peppers [5]♥ Fortune Cookie [4]♥ Orange[17] ♥ 2% Milk [12] ♥	Cheese Filled Pizza Bites [48] Homemade Marinara Sauce [9] Mixed Vegetable Medley [13]♥ Grapes [11]♥ 2% Milk [12] ♥	Shepherd's Pie [22] Winter Vegetable Medley [7]♥ Seasoned Sweet Corn [18]♥ Whole Grain Roll [13]♥ Banana [26] ♥ 2% Milk [12] ♥	Chicken al Pastor [8]♥ over Steamed Brown Rice [22]♥ Roasted Corn & Black Beans [17]♥ Ranchero Sauce [5] Tortilla Chips [18]♥ Apple Slices [8]♥ 2% Milk [12] ♥
	655 calories/35 g protein	730 calories/36 g protein	675 calories/30 g protein	720 calories/37 g protein	675 calories/46 g protein
9/8/2025		9/9/2025	9/10/2025	9/11/2025	9/12/2025
BBQ Smoked Brisket [11] Rosemary Roasted Potatoes [19] ♥ Seasoned Green Beans [7] ♥ Wheat Bread [14] ♥ Diced Peaches [14]♥ 2% Milk [12] ♥	Chicken Parmigiana [19] Garlic Buttered Penne [22] ♥ Parslied Peas & Carrots[10] ♥ Whole Grain Roll [13] ♥ Orange[17] ♥ 2% Milk [12] ♥	Beef Tamales[24] Spanish Rice [24] ♥ Zesty Black Beans [20] Mild Salsa [3] Grapes [11]♥ 2% Milk [12] ♥	Chicken Tenders [16] Mac n' Cheese [23] Mixed Vegetable Medley [13] ♥ Ketchup [6] ♥ Banana [26] ♥ 2% Milk [12] ♥	Salisbury Steak [7] Roasted Sweet Potatoes [14]♥ Seasoned Brussels Sprouts [7]♥ Buttermilk Biscuit [27] Apple Slices [8]♥ 2% Milk [12] ♥	
665 calories/35 g protein		695 calories/44 g protein	640 calories/30 g protein	725 calories/44 g protein	640 calories/30 g protein
9/15/2025		9/16/2025	9/17/2025	9/18/2025	9/19/2025
Teriyaki Beef & Broccoli [9] over Steamed Brown Rice [22]♥ Vegetable Spring Rolls [13] Ginger Glazed Carrots [7]♥ Fortune Cookie [4]♥ Mixed Fruit [16]♥ 2% Milk [12]♥	Turkey Chili Cornbread Bowl [44] Mixed Vegetable Medley [13]♥ Cauliflower Florets [4]♥ Orange [17]♥ 2% Milk [12]♥	Chicken Fried Chicken [15] Garlic Mashed Potatoes [17]♥ Southern Style Okra [9]♥ Cornbread Loaf [29]♥ Grapes [11]♥ 2% Milk [12]♥	Beef Stroganoff [17] Italian Vegetable Medley [13]♥ Herbed Green Peas [12]♥ Whole Grain Roll [13]♥ Banana [26]♥ 2% Milk [12]♥	Chicken Enchiladas [32] Cilantro Lime Rice [24] Refried Beans [24]♥ Apple Slices [8]♥ 2% Milk [12] ♥	
635 calories/36 g protein		640 calories/36 g protein	715 calories/35 g protein	640 calories/44 g protein	695 calories/34 g protein
9/22/2025		9/23/2025	9/24/2025	9/25/2025	9/26/2025
Homestyle Meatloaf [8] with Mashed Potatoes [17] ♥ Seasoned Brussels Sprouts [7]♥ Sweet Corn [18] ♥ Wheat Bread [14] ♥ Diced Pears [17]♥ 2% Milk [12] ♥	King Ranch Chicken [15] Herbed Green Beans [7] ♥ Carrot Coins [8]♥ Tortilla Chips [18]♥ Orange [17] ♥ 2% Milk [12] ♥	Three Cheese Lasagna [39] Buttery Garlic Knot [18] ♥ Winter Vegetable Medley [7] ♥ Grapes [11]♥ 2% Milk [12] ♥	Smothered Chicken [12] Cornbread Dressing [25] Normandy Vegetable Medley [7] ♥ Whole Grain Roll [13] ♥ Banana [26] ♥ 2% Milk [12] ♥	Flame Grilled Cheeseburger [2] Roasted Potato Wedges [19]♥ Mixed Vegetable Medley [13]♥ WG Hamburger Bun [23] Lettuce/Tomato/Onion Garnish [4]♥ Ketchup and Mustard [2] Apple Slices [8]♥ 2% Milk [12] ♥	
640 calories/33 g protein		630 calories/41 g protein	625 calories/34 g protein	675 calories/40 g protein	635 calories/33 g protein
9/29/2025		9/30/2025	10/1/2025	10/2/2025	10/3/2025
BBQ Glazed Chicken [11] Mac n Cheese [23] Southern Style Green Beans [8] ♥ Cornbread Loaf [29] ♥ Diced Peaches [14]♥ 2% Milk [12] ♥	Lemon Buttered Pollock [13] Creamy Alfredo Noodles [25] Parslied Peas & Carrots [10] ♥ Whole Grain Roll [13] ♥ Tartar Sauce[1] ♥ Fresh Orange [17] ♥ 2% Milk [12] ♥	Tangerine Chicken [26] over Vegetable Fried Rice [24] ♥ Steamed Dumplings [12] ♥ Broccoli w/ Red Peppers [5] ♥ Fortune Cookie [4]♥ Grapes [11]♥ 2% Milk [12] ♥	Swiss Steak [11] Scalloped Potatoes [22] Mixed Vegetable Medley [13]♥ Wheat Bread [14] ♥ Banana [26] ♥ 2% Milk [12] ♥	Glazed Chicken Drumstick [2] Vegetarian Baked Beans [24]♥ Corn [14]♥ Buttermilk Biscuit [27] Apple Slices [8]♥ 2% Milk [12] ♥	
725 calories/35 g protein		775 calories/36 g protein	630 calories/30 g protein	680 calories/33 g protein	690 calories/38 g protein
For more information call 210-207-7172. Menu subject to availability and change without notice.					
Legend					
[g of carbs], ♥= 140mg sodium or less per serving, * = contains nuts; BOLD = in tray, Italic = Outside of Tray					
🍖 =Meatless Meal (may contain eggs and/or dairy)					
1. Fortified Apple Juice 120 calories, 0 g protein, 38 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (g) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 g of carbohydrates.					
Comments					



Septiembre 2025

LUNES		MARTES	MÉRCOLES	JUEVES	VIERNES
9/1/2025		9/2/2025	9/3/2025	9/4/2025	9/5/2025
LABOR DAY - HEAL HOLIDAY					
Pollo a la Marsala [6]▼ Puré de Camotes [29]▼ Chicharos [12]▼ Panecillo [13]▼ Perras Cortadas en Cubitos [17]▼ 2% Leche [12] ▼		Albóndigas Agridulces [23]▼ con Arroz al Sésamo [22]▼ Empanadillas de Verduras [12]▼ Brócoli con Pimientos Rojos [5]▼ Galleta de la Fortuna [4]▼ Naranja [17] ▼ 2% Leche [12] ▼	Bocaditos de Pizza Rellenos de Queso [48] Salsa Marinara [9] Mezcla de Vegetales [13]▼ Uvas [11]▼ 2% Leche [12] ▼	Pastel de Pastor con Carne [22]▼ Brócoli y Coliflor [7]▼ Elote [18]▼ Panecillo [13]▼ Plátano [26] ▼ 2% Leche [12] ▼	Pollo al Pastor [8]▼ sobre Arroz Integral al Vapor [22]▼ Elote Asado y Frijoles Negros [17]▼ Salsa Ranchera [5] Tortilla Chips [18]▼ Rebanadas de Manzanas [8]▼ 2% Leche [12] ▼
655 calorías/35 g proteína 9/8/2025		730 calorías/36 g proteína 9/9/2025	675 calorías/30 g proteína 9/10/2025	720 calorías/37 g proteína 9/11/2025	675 calorías/46 g proteína 9/12/2025
Brisket BBQ Ahumada [11] Patatas Asadas con Romero [19] ▼ Ejotes Verdes [7] ▼ Panecillo [14] ▼ Naranja [17] ▼ 2% Leche [12] ▼		Pollo a la Parmesana [19] Pasta con Mantequilla y Ajo[22] ▼ Chicharos y Zanahorias [10] ▼ Panecillo [13] ▼ Naranja [17] ▼ 2% Leche [12] ▼	Tamales de Carne [24] Arroz Español [24] ▼ Frijoles Negros [20] Salsa [5] Uvas [11]▼ 2% Leche [12] ▼	Filetes de Pollo [16] Macarrones con Queso [23] Mezcla de Vegetales [13] ▼ Ketchup [6] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Filete Salisbury [7] Camotes Asados [14]▼ Repollitos de Bruselas [7]▼ Panecillo [27] Rebanadas de Manzanas [8]▼ 2% Leche [12] ▼
665 calorías/35 g proteína 9/15/2025		695 calorías/44 g proteína 9/16/2025	640 calorías/30 g proteína 9/17/2025	725 calorías/44 g proteína 9/18/2025	640 calorías/30 g proteína 9/19/2025
Toriyaki de Carne con Brócoli [9] sobre Arroz Integral al Vapor [22]▼ Rollito de Primavera de Verduras [13] Zanahorias con Jengibre [7]▼ Galleta de la Fortuna [4]▼ Mezcla de Frutas [16]▼ 2% Leche [12]▼		Chili de Pavo sobre Pan de Maiz Dulce [44] Mezcla de Vegetales [13]▼ Floretes de Coliflor [4]▼ Naranja [17]▼ 2% Leche [12]▼	Pollo Frito con Pollo [15] Puré de Papas al Ajo [17]▼ Okra y Tomates [9]▼ Pan de Maiz[29]▼ Uvas [11]▼ 2% Leche [12]▼	Stroganoff de Res [17] Mezcla de Vegetales [13]▼ Chicharos [12]▼ Panecillo [13]▼ Plátano [26] ▼ 2% Leche [12]▼	Enchiladas de Pollo [32] Arroz con Cilantro y Lima [24] Frijoles Refritos [24]▼ Rebanadas de Manzanas [8]▼ 2% Leche [12] ▼
635 calorías/36 g proteína 9/22/2025		640 calorías/36 g proteína 9/23/2025	715 calorías/35 g proteína 9/24/2025	640 calorías/44 g proteína 9/25/2025	695 calorías/34 g proteína 9/26/2025
Pastel de Carne [8] sobre Puré de Papas [17]▼ Repollitos de Bruselas [7]▼ Elote [18] ▼ Panecillo [14] ▼ Perras Cortadas en Cubitos [17]▼ 2% Leche [12] ▼		Pollo a la Cazuela King Ranch [15] Ejotes Verdes [7] ▼ Zanahorias[8]▼ Tortilla Chips [18]▼ Naranja [17] ▼ 2% Leche [12] ▼	Lasaña de Queso [39] Pan de Ajo [18] ▼ Brócoli y Coliflor [7]▼ Uvas [11]▼ 2% Leche [12] ▼	Pollo con Salsa [12] Relleno de Pan de Maiz [25] Mezcla de Vegetales [7] ▼ Panecillo [13] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Hamburguesa con Queso [2] Papas Asadas [19]▼ Mezcla de Vegetales[13]▼ Pan de Hamburguesa [23] Lechuga/Cebolla y Tomate [4]▼ Ketchup y Mostaza [2] Rebnadas de Manzanas [8]▼ 2% Leche [12] ▼
640 calorías/33 g proteína 9/29/2025		630 calorías/41 g proteína 9/30/2025	625 calorías/34 g proteína 10/1/2025	675 calorías/40 g proteína 10/2/2025	635 calorías/33 g proteína 10/3/2025
Pollo a la Barbacoa [11] Macarrones con Queso [23] Ejotes Verdes y Tomates [8] ▼ Pan de Maiz[29] ▼ Duraznos Cortados en Cubitos [14]▼ 2% Leche [12] ▼		Pescado al Limón y Mantequilla [13] Pasta con Alfredo [25] Chicharos y Zanahorias [10] ▼ Panecillo [13] ▼ Salsa Tártara[1] ▼ Naranja [17] ▼ 2% Leche [12] ▼	Pollo a la Mandarina [26] sobre Arroz Frito de Verduras [24] ▼ Empanadillas de Verduras [12] ▼ Brócoli con Pimientos Rojos [5]▼ Galleta de la Fortuna [4]▼ Uvas [11]▼ 2% Leche [12] ▼	Filete de Res Suizo [11] Papas con Queso [22] Mezcla de Vegetales[13]▼ Panecillo [14] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Pierna de Pollo Glaseado [2] Frijoles Cocidos [24]▼ Elote on Pimientos y Cebollas [14]▼ Panecillo[27] Rebanadas de Manzanas [8]▼ 2% Leche [12] ▼
725 calorías/35 g proteína		775 calorías/36 g proteína	630 calorías/30 g proteína	680 calorías/33 g proteína	690 calorías/38 g proteína
		Para mas informacton llame al 210-207-7172. Menu sujeto a disponibilidad y cambio sin previo aviso.			
Leyenda		[gramos de carbohidratos]; ▼= 140mg de sodio o menos por porcion; * = contiene nuecess; NEGRITA = en bandeja, Cursiva = fuera de la bandeja			
		🍴 =comida amigable para los pescadores			
Comentarios		1. Jugo de manzana fortificado 120 calorías, 0 g de proteína, 28 g de CHO y 25 mg de sodio. 2. Para aquellos que controlan su consumo de carbohidratos, la cantidad (grams) aparece al lado de cada elemento del menu entre parentesis []. Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos, mientras que la merienda conste de 15 a 30 gramos de carbohidratos.			