



April 2024



MONDAY 4/1/2024	TUESDAY 4/2/2024	WEDNESDAY 4/3/2024	THURSDAY 4/4/2024	FRIDAY 4/5/2024
CESAR CHAVEZ DAY - HEAL HOLIDAY				
Mesquite Glazed Chicken [4] Buttery Mashed Potatoes [24] ♥ Country Vegetable Medley [11] ♥ <i>Pound Cake [26]</i> <i>1% Milk [12] ♥</i> 610 calories/32 g protein	Beef Tamales [24] over Spanish Style Rice [46] Buttered Green Beans [6] ♥ Ranchero Sauce [5] <i>Yogurt [21] ♥</i> <i>1% Milk [12] ♥</i> 730 calories/29 g protein	Chicken Parmesan [17] over Penne w/ Marinara [47] Buttered Broccoli Florets [5] ♥ Seasoned Cauliflower [4] ♥ <i>Diced Peaches [14] ♥</i> <i>1% Milk [12] ♥</i> 775 calories/45 g protein	Mongolian Beef [16] over White Rice [25] ♥ Four Seasons Vegetable Medley [12] ♥ Vegetarian Spring Roll [10] <i>Grapes [21] ♥</i> <i>1% Milk [12] ♥</i> 690 calories/41 g protein	Chicken & Dumplings [10] Seasoned Corn [18] ♥ Spring Peas [13] ♥ <i>Buttermilk Biscuit [27]</i> <i>Applesauce [17] ♥</i> <i>1% Milk [12] ♥</i> 770 calories/55 g protein
4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
Crunchy Breaded Fish [30] n'Chips [27] ♥ Caribbean Veggie Medley [6] ♥ <i>Tartar Sauce & Lemon Juice [2] ♥</i> <i>Gelatin [23] ♥</i> <i>1% Milk [12] ♥</i> 828 calories/44 g protein	Enchiladas Verdes [30] Cilantro Lime Rice [25] ♥ Seasoned Calabacita [4] ♥ <i>Banana [26] ♥</i> <i>1% Milk [12] ♥</i> 640 calories/32 g protein	Savory Texas Style Chili [5] Over A Sweet Cornbread Bowl [33] Buttered Green Beans [6] ♥ Seasoned Corn [18] ♥ <i>Yogurt [10] ♥</i> <i>1% Milk [12] ♥</i> 610 calories/30 g protein	3 Cheese Manicotti Alfredo [23] Balsamic Brussels Sprouts [11] ♥ Seasoned Carrots [8] ♥ <i>WG Dinner Roll [13] ♥</i> <i>Diced Pears [18] ♥</i> <i>1% Milk [12] ♥</i> 640 calories/31 g protein	Savory Beef Tips & Mushrooms [9] ♥ Over Buttery Mashed Potatoes [24] ♥ Asparagus & Red Peppers [4] ♥ Succotash [22] ♥ <i>Cookie [26] ♥</i> <i>1% Milk [12] ♥</i> 680 calories/45 g protein
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
Orange Chicken [28] over White Rice [25] ♥ Broccoli Florets & Red Peppers [6] ♥ Vegetable Spring Roll [10] <i>Pineapple Tidbits [18] ♥</i> <i>1% Milk [12] ♥</i> 755 calories/32 g protein	Old-Fashioned Swiss Steak [24] Buttery Mashed Potatoes [24] ♥ Country Vegetable Medley [11] ♥ <i>Sliced Bread [13] ♥</i> <i>Applesauce [17] ♥</i> <i>1% Milk [12] ♥</i> 740 calories/59 g protein	Lemon Glazed Chicken [1] ♥ Over A Savory Rice Pilaf [22] ♥ Buttered Brussels Sprouts [8] ♥ Seasoned Carrots [8] ♥ <i>Cookie [23]</i> <i>1% Milk [12] ♥</i> 686 calories/45 g protein	Carne Guisada [13] Spanish Style Rice [23] ♥ Flame-Roasted Corn [18] ♥ <i>Mandarin Oranges [16] ♥</i> <i>1% Milk [12] ♥</i> 690 calories/35 g protein	Turkey Hot Dog [1] Crinkle Cut Fries [27] ♥ Seasoned Peas & Carrots [10] ♥ <i>Hot Dog Bun [35]</i> <i>Ketchup & Mustard [2] ♥</i> <i>Orange [17] ♥</i> <i>1% Milk [12] ♥</i> 708 calories/30 g protein
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
Meatloaf [16] Buttery Mashed Potatoes [24] ♥ Four Seasons Vegetable Medley [12] ♥ <i>Raisins [30] ♥</i> <i>1% Milk [12] ♥</i> 770 calories/40 g protein	Chicken Tamales [25] Over Cilantro Lime Rice [38] Buttered Green Beans [6] ♥ Ranchero Sauce [5] <i>Yogurt [10] ♥</i> <i>1% Milk [12] ♥</i> 625 calories/31 g protein	Shepherd's Pie [31] Spring Peas [13] ♥ Seasoned Cauliflower [4] ♥ <i>Banana [26] ♥</i> <i>1% Milk [12] ♥</i> 685 calories/35 g protein	Cheesy Beef Quesadillas [30] Spanish Style Rice [23] ♥ Flame-Roasted Corn [18] ♥ <i>Mandarin Oranges [16] ♥</i> <i>1% Milk [12] ♥</i> 620 calories/31 g protein	FIESTA SAN JACINTO DAY - HEAL HOLIDAY Tuna Noodle Casserole [32] Buttered Broccoli Florets [5] ♥ Glazed Carrots [14] ♥ <i>Cookie [26] ♥</i> <i>1% Milk [12] ♥</i> 670 calories/37 g protein
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
Calabaza Con Pollo [6] Over White Rice [25] ♥ Refried Beans [28] Seasoned Carrots [8] ♥ <i>Pineapple Tidbits [18] ♥</i> <i>1% Milk [12] ♥</i> 680 calories/39 g protein	Pub Burger w/ Cheese [1] Crinkle Cut Fries [27] ♥ Seasoned Corn [18] ♥ <i>Hamburger Bun [23]</i> <i>Ketchup [2] ♥, Mustard [0] ♥</i> <i>Apple Slices [15]</i> <i>1% Milk [12] ♥</i> 883 calories/43 g protein	Chicken a la King [14] Over A Buttermilk Biscuit [15] Buttered Brussels Sprouts [8] ♥ Seasoned Cauliflower [4] ♥ <i>Gelatin [23] ♥</i> <i>1% Milk [12] ♥</i> 645 calories/49 g protein	Beefaroni Casserole [27] Buttered Broccoli Florets [5] ♥ Seasoned Carrots [8] ♥ <i>Pound Cake [26]</i> <i>1% Milk [12] ♥</i> 670 calories/33 g protein	Chicken Fajitas [1] ♥ Over Cilantro Lime Rice [25] ♥ Seasoned Black Beans [14] Flame-Roasted Corn [18] ♥ <i>Tortilla Chips [18] ♥</i> <i>Diced Peaches [14] ♥</i> <i>1% Milk [12] ♥</i> 660 calories/41 g protein

For more information call 210-207-7172. **Menu subject to availability and change without notice.**

Legend [grams of carbs]; ♥= 140mg sodium or less per serving; * = contains nuts; **BOLD** = in tray, *Italic* = Outside of Tray

Comments 1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates.