



May 2024



MONDAY 4/29/2024	TUESDAY 4/30/2024	WEDNESDAY 5/1/2024	THURSDAY 5/2/2024	FRIDAY 5/3/2024																																								
<p>Calabaza Con Pollo [6] over Fluffy White Rice [25] ♥ Refried Beans [28] Seasoned Carrots[8]♥ Pineapple Tidbits [15] ♥ 1% Milk [12] ♥</p> <p>670 calories/40 g protein</p>	<p>Pub Burger with Cheese [1] Crinkle Cut Fries [27] ♥ Seasoned Corn [18] ♥ Hamburger Bun [23] Ketchup & Mustard [2] ♥ Apple Slices [15] ♥ 1% Milk [12] ♥</p> <p>883 calories/43 g protein</p>	<p>Chicken a la King [14] over a Buttermilk Biscuit [15] Buttered Brussels Sprouts [8] ♥ Seasoned Cauliflower [4] ♥ Gelatin [23]♥ 1% Milk [12] ♥</p> <p>645 calories/49 g protein</p>	<p>Beefaroni Casserole [27] Buttered Broccoli Florets [5] ♥ Seasoned Carrots [8]♥ Vanilla Pound Cake [26] 1% Milk [12] ♥</p> <p>670 calories/33 g protein</p>	<p>Chicken Fajitas [1] ♥ over Cilantro Lime Rice [25] ♥ Seasoned Black Beans [14] Flame Roasted Corn [18] ♥ Tortilla Chips [18]♥ Diced Peaches [12] ♥ 1% Milk [12] ♥</p> <p>660 calories/41 g protein</p>	5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024	<p>Salisbury Steak w/ Mushroom Gravy [10] Mashed Potatoes [24] ♥ Buttered Green Beans [6] ♥ Whole Grain Dinner Roll [13] ♥ Mandarin Oranges [16] ♥ 1% Milk [12] ♥</p> <p>635 calories/33 g protein</p>	<p>Chicken & Bowties [26] Seasoned Carrots [8] ♥ Spring Peas [13] ♥ Banana [26] ♥ 1% Milk [12] ♥</p> <p>630 calories/44 g protein</p>	<p>Beef & Broccoli [14] ♥ Fluffy Rice [25] ♥ Four Seasons Vegetable Medley [12] ♥ Vegetarian Spring Roll [10] Yogurt [20] ♥ 1% Milk [12] ♥</p> <p>700 calories/46 g protein</p>	<p>Breaded Fish Nuggets [20] Creamy Shells and Cheese [25] Caribbean Vegetable Medley [6] ♥ Ketchup [2] ♥ Raisins [29] ♥ 1% Milk [12] ♥</p> <p>725 calories/38 g protein</p>	<p>BBQ Beef Brisket [9] Diced Rosemary Potatoes [16] Creamed Corn [24]♥ Sliced Bread [13] ♥ Diced Peaches [12]♥ 1% Milk [12] ♥</p> <p>761 calories/38 g protein</p>	5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024	<p>Arroz Con Pollo [33] ♥ Refried Beans [28] Seasoned Calabacita [4] ♥ Pineapple Tidbits [15] ♥ 1% Milk [12] ♥</p> <p>680 calories/48 g protein</p>	<p>Sloppy Joe [5] Seasoned Potato Wedges [25] ♥ Peas & Carrots [10] ♥ Hamburger Bun [23] Grapes [21]♥ 1% Milk [12] ♥</p> <p>707 calories/33 g protein</p>	<p>Chicken Paprikash [31] Seasoned Brussels Sprouts [8] ♥ Seasoned Carrots [8] ♥ Cookie [26] ♥ 1% Milk [12] ♥</p> <p>690 calories/43 g protein</p>	<p>Cheese Enchiladas [31] Spanish Style Rice [23] ♥ Seasoned Black Beans [14] Pudding [17] ♥ 1% Milk [12] ♥</p> <p>695 calories/33 g protein</p>	<p>QUARTERLY TRAINING - HEAL HOLIDAY</p> <p>Southern Fried Chicken [6] Mashed Potatoes & Gravy [31] Country Vegetable Medley [11] ♥ Mandarin Oranges [16]♥ 1% Milk [12] ♥</p> <p>605 calories/34 g protein</p>	5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024	<p>Beef Stroganoff [25] Asparagus Tips with Red Peppers [4]♥ Seasoned Carrots [8]♥ Whole Grain Dinner Roll [13] ♥ Raisins [29] ♥ 1% Milk [12] ♥</p> <p>600 calories/33 g protein</p>	<p>Cheese Filled Omelet [2] Ranchero Sauce [5] Mini Hashbrown Rounds [30] Spiced Peaches [31] ♥ Yogurt [10] ♥ 1% Milk [12] ♥</p> <p>685 calories/30 g protein</p>	<p>Chicken Fried Steak with Gravy [36] Mashed Potatoes [24] ♥ Spring Peas [13] ♥ Pudding [19] ♥ 1% Milk [12] ♥</p> <p>735 calories/33 g protein</p>	<p>Italian Pasta Bake [49] Lemon Buttered Broccoli Florets [9] ♥ Seasoned Cauliflower [4] ♥ Banana [26] ♥ 1% Milk [12] ♥</p> <p>625 calories/36 g protein</p>	<p>Picadillo [12] Cilantro Lime Rice [25] ♥ Roasted Corn [18]♥ Tortilla Chips [18]♥ Pineapple Tidbits [15] ♥ 1% Milk [12] ♥</p> <p>700 calories/30 g protein</p>	5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024	<p>MEMORIAL DAY - HEAL HOLIDAY</p> <p>Chicken Parmesan [19] over Penne Pasta in Red Sauce [47] Buttered Broccoli Florets [5] ♥ Seasoned Cauliflower [4] ♥ Diced Peaches [12] ♥ 1% Milk [12] ♥</p> <p>825 calories/52 g protein</p>	<p>Beef Tamales [24] over Spanish Style Rice [23]♥ Flame Roasted Corn [18] ♥ Signature Ranchero Sauce [5] Yogurt [20] ♥ 1% Milk [12] ♥</p> <p>675 calories/29 g protein</p>	<p>Mesquite Glazed Chicken [4] Mashed Potatoes [24] ♥ Country Vegetable Medley [11] ♥ Cookie [32] ♥ 1% Milk [12] ♥</p> <p>650 calories/33 g protein</p>	<p>Mongolian Beef [16] over Fluffy Rice [25] ♥ Four Seasons Vegetable Medley [12] ♥ Vegetarian Spring Roll [10] Orange [17] ♥ 1% Milk [12] ♥</p> <p>680 calories/42 g protein</p>	<p>Chicken n' Dumplings [10] Seasoned Corn [18] ♥ Spring Peas [13] ♥ Buttermilk Biscuit [27] Apple Slices [15]♥ 1% Milk [12] ♥</p> <p>760 calories/55 g protein</p>
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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, <i>Italic</i> = 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.