



# August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/28/2025	7/29/2025	7/30/2025	7/31/2025	8/1/2025
<b>BBQ Smoked Brisket [11]</b> <b>Rosemary Roasted Potatoes [19] ♥</b> <b>Seasoned Green Beans [7] ♥</b> <i>Wheat Bread [14] ♥</i> <i>Diced Peaches [14]♥</i> <i>2% Milk [12] ♥</i>  665 calories/35 g protein	<b>Chicken Parmigiana [19]</b> <b>Garlic Buttered Penne [22] ♥</b> <b>Parslied Peas &amp; Carrots[10] ♥</b> <i>Whole Grain Dinner Roll [13] ♥</i> <i>Orange[17] ♥</i> <i>2% Milk [12] ♥</i>  695 calories/44 g protein	<b>Beef Tamales[24]</b> <b>Spanish Rice [24] ♥</b> <b>Zesty Black Beans [20]</b> <i>Mild Salsa [5]</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  640 calories/30 g protein	<b>Chicken Tenders [16]</b> <b>Mac n' Cheese [23]</b> <b>Mixed Vegetable Medley [13] ♥</b> <i>Ketchup [6] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  725 calories/44 g protein	<b>Salisbury Steak [7]</b> <b>Roasted Sweet Potatoes [14]♥</b> <b>Seasoned Brussels Sprouts [7]♥</b> <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i>  640 calories/30 g protein
8/4/2025	8/5/2025	8/6/2025	8/7/2025	8/8/2025
<b>Turkey Chili Cornbread Bowl [44]</b> <b>Mixed Vegetable Medley [13] ♥</b> <b>Cauliflower Florets [4]♥</b> <i>Mixed Fruit [16] ♥</i> <i>2% Milk [12] ♥</i>  640 calories/35 g protein	<b>Teriyaki Beef &amp; Broccoli [9]</b> <b>over Steamed Brown Rice [22] ♥</b> <b>Vegetable Spring Rolls [13]</b> <b>Ginger Glazed Carrots [7] ♥</b> <i>Fortune Cookie [4]♥</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i>  635 calories/37 g protein	<b>Chicken Fried Chicken [15]</b> <b>Garlic Mashed Potatoes [17] ♥</b> <b>Southern Style Okra [9]♥</b> <i>Cornbread Loaf [29] ♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  715 calories/35 g protein	<b>Beef Stroganoff [17]</b> <b>Italian Veggie Medley [13] ♥</b> <b>Herbed Green Peas [12] ♥</b> <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  640 calories/44 g protein	<b>Chicken Enchiladas [32]</b> <b>Cilantro Lime Rice [24]</b> <b>Refried Beans [24]♥</b> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i>  695 calories/34 g protein
8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025
<b>Homestyle Meatloaf [8]</b> <b>with Mashed Potatoes [17] ♥</b> <b>Seasoned Brussels Sprouts [7]♥</b> <b>Sweet Corn [18] ♥</b> <i>Wheat Bread [14] ♥</i> <i>Diced Pears [17]♥</i> <i>2% Milk [12] ♥</i>  640 calories/33 g protein	<b>King Ranch Chicken [15]</b> <b>Herbed Green Beans [7] ♥</b> <b>Carrot Coins [8]♥</b> <i>Tortilla Chips [30]</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i>  700 calories/42 g protein	<b>Three Cheese Lasagna [39]</b> <b>Buttery Garlic Knot [18] ♥</b> <b>Winter Vegetable Medley [7] ♥</b> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  625 calories/34 g protein	<b>Smothered Chicken [3]</b> <b>Cornbread Dressing [25]</b> <b>Normandy Vegetable Medley [7] ♥</b> <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  625 calories/36 g protein	<b>Flame Grilled Cheeseburger [2]</b> <b>Roasted Potato Wedges [19]♥</b> <b>Mixed Vegetable Medley [13]♥</b> <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion Garnish [4]♥</i> <i>Ketchup and Mustard [2]</i> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i>  635 calories/33 g protein
8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025
<b>BBQ Glazed Chicken [11]</b> <b>Mac n Cheese [23]</b> <b>Southern Style Green Beans [8] ♥</b> <i>Cornbread Loaf [29] ♥</i> <i>Diced Peaches [14]♥</i> <i>2% Milk [12] ♥</i>  725 calories/35 g protein	<b>Lemon Buttered Pollock [13]</b> <b>Creamy Alfredo Noodles [25]</b> <b>Parslied Peas &amp; Carrots [10] ♥</b> <i>Whole Grain Dinner Roll [13] ♥</i> <i>Tartar Sauce[1] ♥</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i>  775 calories/36 g protein	<b>Tangerine Chicken [26]</b> <b>over Vegetable Fried Rice [24] ♥</b> <b>Steamed Dumplings [12] ♥</b> <b>Broccoli w/ Red Peppers [5] ♥</b> <i>Fortune Cookie [4]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  630 calories/30 g protein	<b>Swiss Steak [11]</b> <b>Scalloped Potatoes [22]</b> <b>Mixed Vegetable Medley [13]♥</b> <i>Wheat Bread [14] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  680 calories/33 g protein	<b>Chicken Salad Sandwich[3]</b> <b>California Pasta Salad[13]</b> <b>Chilled 3 Bean Medley [14]</b> <i>WG Hamburger Bun [23]</i> <i>Raisins [30] ♥</i> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i>  720 calories/47 g protein
8/25/2025	8/26/2025	8/27/2025	8/28/2025	8/29/2025
<b>Steak Fingers [15]</b> <b>with Mashed Potatoes [17] ♥</b> <b>Herbed Green Peas [12]♥</b> <b>Country Gravy [6] ♥</b> <i>Whole Grain Dinner Roll [13] ♥</i> <i>Mixed Fruit [16] ♥</i> <i>2% Milk [12] ♥</i>  680 calories/31 g protein	<b>Manicotti in Red Sauce [42]</b> <b>Seasoned Brussel Sprouts [7] ♥</b> <b>Candied Carrot Coins [8] ♥</b> <i>Wheat Bread [14] ♥</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i>  725 calories/37 g protein	<b>Turkey Picadillo [12]</b> <b>Spanish Rice [24] ♥</b> <b>Seasoned Green Beans [7] ♥</b> <i>Tortilla Chips [30]</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  685 calories/35 g protein	<b>Breaded Chicken Piccata [13]</b> <b>Herbed Bow Tie Pasta [22] ♥</b> <b>Italian Vegetable Medley [13]♥</b> <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  685 calories/40 g protein	<b>Sloppy Joe Cornbread Bowl [47]</b> <b>Mixed Vegetable Medley [13]♥</b> <b>Cauliflower Florets [4] ♥</b> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i>  680 calories/31 g protein
For more information call 210-207-7172. <b>Menu subject to availability and change without notice.</b>				
<b>Legend</b>	[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)			
<b>Comments</b>	1. Fortified Apple Juice 120 calories, 0 g protein, 28 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.			