



December 2025



MONDAY 12/1/2025	TUESDAY 12/2/2025	WEDNESDAY 12/3/2025	THURSDAY 12/4/2025	FRIDAY 12/5/2025
Salisbury Steak [7] Cheesy Scalloped Potatoes [22] Parslied Peas & Carrots [10] ♥ <i>Cornbread Loaf [29] ♥</i> <i>Diced Pears [18] ♥</i> <i>2% Milk [12] ♥</i> 725 calories/31 g protein	Turkey Taco Loaded Potato Skins [27] Roasted Corn & Black Beans [17] ♥ Seasoned Green Beans [6] ♥ <i>Lettuce & Tomatoes [3] ♥</i> <i>Sour Cream [1] ♥</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 640 calories/39 g protein	Three Cheese Manicotti [37] Winter Vegetable Medley [7] ♥ Candied Carrots [10] ♥ <i>Sliced Bread [14] ♥</i> <i>Grapes [11] ♥</i> <i>2% Milk [12] ♥</i> 690 calories/33 g protein	Grilled Aloha Pineapple Chicken [17] Coconut Rice [29] ♥ Mixed Vegetable Medley [12] ♥ <i>Whole Grain Roll [12] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 710 calories/37 g protein	Flame Grilled Cheeseburger [2] Seasoned Potato Wedges [19] ♥ BBQ Baked Beans [30] <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion Garnish [4] ♥</i> <i>Ketchup & Mustard [2] ♥</i> <i>Apple Slices [8] ♥</i> <i>2% Milk [12] ♥</i> 725 calories/37 g protein
12/8/2025 Chicken a la King [9] over a Buttermilk Biscuit [28] California Veggie Medley [7] ♥ Corn [18] ♥ <i>Raisins [30] ♥</i> <i>2% Milk [12] ♥</i> 685 calories/39 g protein	12/9/2025 Beef Enchiladas [30] Cilantro Lime Rice [24] Refried Beans [24] ♥ <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 730 calories/35 g protein	12/10/2025 Lemon Buttered Alaskan Pollock [13] Mac n' Cheese [22] Stewed Tomatoes [8] <i>Whole Grain Roll [12] ♥</i> <i>Tartar Sauce [1] ♥</i> <i>Grapes [11] ♥</i> <i>2% Milk [12] ♥</i> 700 calories/30 g protein	12/11/2025 Personal Cheese Pizza [26] Mixed Vegetable Medley [12] ♥ Cauliflower Florets [4] ♥ <i>Garlic Bread [14] ♥</i> <i>Apple Slices [8] ♥</i> <i>2% Milk [12] ♥</i> 620 calories/31 g protein	12/12/2025 BBQ Glazed Chicken [15] Roasted Sweet Potatoes [14] ♥ Peas & Pearl Onions [10] ♥ <i>Cornbread Loaf [29] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 685 calories/36 g protein
12/15/2025 Steak Pizaiola [11] Roasted Red Potatoes [15] ♥ Mixed Vegetable Medley [12] ♥ <i>Whole Grain Roll [12] ♥</i> <i>Mixed Fruit [16] ♥</i> <i>2% Milk [12] ♥</i> 635 calories/31 g protein	12/16/2025 Chicken Empanadas [31] Spanish Rice [23] ♥ Roasted Corn & Green Beans [15] ♥ <i>Fresh Orange [17] ♥</i> <i>Mild Salsa [3] ♥</i> <i>2% Milk [12] ♥</i> 675 calories/35 g protein	12/17/2025 Beef Stroganoff Meatballs [6] over Buttered Bow Tie Pasta [21] ♥ Broccoli w/ Red Peppers [5] ♥ Cinnamon Spiced Peaches [26] ♥ <i>Wheat Bread [14] ♥</i> <i>2% Milk [12] ♥</i> 660 calories/35 g protein	12/18/2025 Honey Garlic Glazed Chicken [18] Vegetable Fried Rice [23] ♥ Gingered Carrots [10] ♥ <i>Fortune Cookie [4] ♥</i> <i>Raisins [30] ♥</i> <i>2% Milk [12] ♥</i> 675 calories/33 g protein	12/19/2025 Turkey Shepherd's Pie [22] Winter Vegetable Medley [7] ♥ Chuckwagon Corn [14] ♥ <i>Whole Grain Roll [12] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 635 calories/37 g protein
12/22/2025 Smothered Popcorn Chicken [17] over Creamy Mashed Potatoes [17] ♥ Parslied Peas & Carrots [10] ♥ Sweet Corn [18] ♥ <i>Diced Pears [18] ♥</i> <i>2% Milk [12] ♥</i> 675 calories/41 g protein	12/23/2025 Conchitas con Carne [22] Seasoned Carrot Coins [7] ♥ Squash & Pepper Medley [4] ♥ <i>Cornbread Loaf [29] ♥</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 705 calories/48 g protein	12/24/2025 WINTER BREAK - HEAL HOLIDAY Classic Chicken Parmesan [14] Garlic Buttered Penne Pasta [21] ♥ Italian Vegetable Medley [12] ♥ <i>Diced Peaches [14] ♥</i> <i>2% Milk [12] ♥</i> 620 calories/40 g protein	12/25/2025 WINTER BREAK - HEAL HOLIDAY Beef Tamales [24] with Spanish Rice [23] ♥ Refried Beans [24] ♥ Ranchero Sauce [6] <i>Cookie [22] ♥</i> <i>2% Milk [12] ♥</i> 765 calories/33 g protein	12/26/2025 WINTER BREAK - HEAL HOLIDAY Breaded Pollock Nuggets [25] Sweet Potato Tots [20] Mixed Vegetable Medley [12] ♥ <i>Tartar Sauce [1] ♥</i> <i>Applesauce [14] ♥</i> <i>2% Milk [12] ♥</i> 670 calories/33 g protein
12/29/2025 WINTER BREAK - HEAL HOLIDAY General Tso's Chicken [25] over Vegetable Fried Rice [23] ♥ Steamed Edamame Dumplings [12] ♥ Green Beans & Carrot Medley [6] ♥ <i>Diced Peaches [14] ♥</i> <i>2% Milk [12] ♥</i> 630 calories/29 g protein	12/30/2025 WINTER BREAK - HEAL HOLIDAY Cilantro Lime Chicken [3] over Steamed Brown Rice [22] ♥ Roasted Corn & Black Beans [17] ♥ Ranchero Sauce [6] <i>Tortilla Chips [18] ♥</i> <i>Mandarin Oranges [16] ♥</i> <i>2% Milk [12] ♥</i> 675 calories/45 g protein	12/31/2025 WINTER BREAK - HEAL HOLIDAY Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7] ♥ Seasoned Brussel Sprouts [7] ♥ <i>Raisins [30] ♥</i> <i>2% Milk [12] ♥</i> 670 calories/34 g protein	1/1/2026 WINTER BREAK - HEAL HOLIDAY Savory Turkey Chili [10] over Sweet Cornbread Bowl [33] California Veggie Medley [7] ♥ Corn [18] ♥ <i>Cookie [22] ♥</i> <i>2% Milk [12] ♥</i> 720 calories/34 g protein	1/2/2026 WINTER BREAK - HEAL HOLIDAY Country Fried Steak [27] Garlic Mashed Potatoes [17] ♥ Southern Style Okra [9] ♥ <i>Applesauce [14] ♥</i> <i>2% Milk [12] ♥</i> 640 calories/29 g protein
<i>Meals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menu subject to change based on product availability.</i>				
Legend	[g of carbs]; ♥ = 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, <i>Italic</i> = Outside of Tray 🍴 = Meatless Meal (may contain eggs and/or dairy)			
Comments	1. Total daily calories and grams of protein include the meal, side items and 2% milk as beverage of choice. 2. For those watching their carbohydrate intake, the amount of [grams] of carbs per serving is listed beside each menu item in brackets. It is generally recommended that meals consist of 45-75 g of carbohydrates			