



# April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/30/2026	3/31/2026	4/1/2026	4/2/2026	4/3/2026
<b>Chicken Noodle Casserole [18]</b> <b>Broccoli w/ Red Peppers [5] ♥</b> <b>Seasoned Sweet Corn [18]♥</b> <i>Buttermilk Biscuit [27]</i> <i>Diced Peaches [14]♥</i> <i>2% Milk [12] ♥</i>  660 calories/38 g protein	<b>Country Fried Steak [27]</b> <b>Garlic Mashed Potatoes [17]♥</b> <b>Southern Style Okra [9]♥</b> <i>Wheat Sliced Bread[14]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12]♥</i>  730 calories/34 g protein	<b>Oven Baked Chicken Tenders [16]</b> <b>Broccoli &amp; Cheddar Mac n' Cheese [23]</b> <b>Mixed Vegetable Medley [12]♥</b> <i>Ketchup x 2 [4] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  730 calories/44 g protein	<b>Conchitas con Carne [22]</b> <b>Squash &amp; Pepper Medley [4]♥</b> <b>Seasoned Carrot Coins [7]♥</b> <i>Cornbread Loaf [29]♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i>  665 calories/46 g protein	<b>CITY HOLIDAY - HEAL HOLIDAY</b> <b>Cheese Enchiladas [30]</b> <b>Spanish Brown Rice [23]♥</b> <b>Charro Beans [18]</b> <i>Cookie[22]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  785 calories/30 g protein
4/6/2026	4/7/2026	4/8/2026	4/9/2026	4/10/2026
<b>French Onion Salisbury Steak [7]</b> <b>Cheesy Scalloped Potatoes [22]</b> <b>Brown Sugar Glazed Carrots [10]♥</b> <i>WG Sliced Bread[13]♥</i> <i>Peaches in Strawberry Gelatin [24]♥</i> <i>2% Milk [12] ♥</i>  660 calories/27 g protein	<b>Southwest Turkey Pasta Bake [18]</b> <b>Parslied Peas &amp; Carrots [9] ♥</b> <b>Seasoned Sweet Corn [18]♥</b> <i>Whole Grain Roll [12] ♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i>  645 calories/39 g protein	<b>Teriyaki Glazed Meatballs [12]</b> <b>over Vegetable Fried Rice [23] ♥</b> <b>Steamed Edamame Dumplings [12] ♥</b> <b>Broccoli Florets w/ Red Peppers [5] ♥</b> <i>Fortune Cookie [4]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  680 calories/34 g protein	<b>Carolina Gold Chicken Sandwich [12]</b> <b>Herb Roasted Red Potatoes [15] ♥</b> <b>Southern Style Green Beans [7]♥</b> <i>WG Hamburger Bun [23]</i> <i>Lettuce, Tomato, Onion Garnish [4]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  655 calories/36 g protein	<b>10 Grain Breaded Pollock [21]</b> <b>Cheesy Orzo w/ Broccoli [23]</b> <b>Garden Vegetable Medley [12] ♥</b> <i>WG Sliced Bread [13] ♥</i> <i>Tartar Sauce[1] ♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i>  680 calories/34 g protein
4/13/2026	4/14/2026	4/15/2026	4/16/2026	4/17/2026
<b>Smoky Chicken Tinga [8]</b> <b>over Steamed Brown Rice [22]♥</b> <b>Corn &amp; Black Bean Fiesta[17]♥</b> <b>Ranchero Sauce [6]</b> <i>Tortilla Chips [18] ♥</i> <i>Diced Pears [18]♥</i> <i>2% Milk [12] ♥</i>  685 calories/37 g protein	<b>BBQ Glazed Meatloaf [18]</b> <b>Roasted Sweet Potatoes [14]♥</b> <b>Seasoned Green Beans [6]♥</b> <i>Cornbread Loaf [29]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12]♥</i>  695 calories/33 g protein	<b>Breaded Lemon Chicken Piccata [14]</b> <b>Garlic &amp; Herb Buttered Pasta [21]♥</b> <b>Italian Vegetable Medley [12]♥</b> <i>Whole Grain Roll [12] ♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  645 calories/37 g protein	<b>Rich &amp; Savory Beef Burgundy [8]♥</b> <b>Classic Rice Pilaf [22]♥</b> <b>Garlic Asparagus [4]♥</b> <i>Buttermilk Biscuit [27]</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  735 calories/47 g protein	<b>Three Cheese Manicotti [40]</b> <b>Seasoned Brussel Sprouts [7]♥</b> <b>Dilled Carrot Coins [7]♥</b> <i>WG Sliced Bread[13]♥</i> <i>Parmesan Cheese [1]♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i>  640 calories/31 g protein
4/20/2026	4/21/2026	4/22/2026	4/23/2026	4/24/2026
<b>Breaded Steak Fingers [15]</b> <b>with Whipped Potatoes [15]♥</b> <b>Garden Vegetable Medley [12]♥</b> <b>Peppery Country Gravy [10]♥</b> <i>Whole Grain Roll [12] ♥</i> <i>Applesauce [14]♥</i> <i>2% Milk [12]♥</i>  670 calories/29 g protein	<b>Chicken &amp; Cheese Tamales [25]</b> <b>Spanish Rice [24] ♥</b> <b>Refried Beans [24]♥</b> <i>Mild Salsa [3]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12]♥</i>  705 calories/34 g protein	<b>Hearty Beef Stroganoff [18]</b> <b>Parslied Peas &amp; Pearl Onions [10]♥</b> <b>Buttered Baby Carrots [10]♥</b> <i>WG Sliced Bread[13]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  645 calories/32 g protein	<b>Creamy Dijon Chicken [14]</b> <b>Cheesy Scalloped Potatoes[22]</b> <b>Green Beans w/ Turkey Bacon [7] ♥</b> <i>Whole Grain Roll [12] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  695 calories/37 g protein	<b>FIESTA SAN JACINTO DAY - HEAL HOLIDAY</b> <b>Lemon Buttered Pollock [13]</b> <b>Creamy Shells &amp; Cheese [22]</b> <b>Broccoli Normandy [7] ♥</b> <i>Whole Grain Roll [12] ♥</i> <i>Tartar Sauce[1] ♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i>  685 calories/31 g protein
4/27/2026	4/28/2026	4/29/2026	4/30/2026	
<b>Personal Cheese Pizza [28]</b> <b>Parslied Peas &amp; Carrots[9]♥</b> <b>Seasoned Sweet Corn [18]♥</b> <i>Garlic Bread [14]♥</i> <i>Mixed Fruit [16] ♥</i> <i>2% Milk [12] ♥</i>  700 calories/33 g protein	<b>Smoked BBQ Brisket [12]</b> <b>Rosemary Roasted Potatoes [15] ♥</b> <b>Southern Style Okra [8]♥</b> <i>WG Sliced Bread[13]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12]♥</i>  655 calories/35 g protein	<b>Sweet &amp; Tangy Tangerine Chicken [26]</b> <b>w/ Fluffy Sesame Brown Rice[22]♥</b> <b>Vegetable Filled Spring Rolls [13]</b> <b>Stir-Fry Vegetable Medley [5]♥</b> <i>Fortune Cookie [4]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>  670 calories/28 g protein	<b>Italian Beef Cavatappi [33]</b> <b>Winter Vegetable Medley [7]♥</b> <b>Honey Glazed Carrots [7]♥</b> <i>Whole Grain Roll [12] ♥</i> <i>Parmesan Cheese [1]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>  705 calories/33 g protein	

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.**

<b>Legend</b>	[g of carbs]; ♥ = 140mg sodium or less per serving; * = contains nuts; <b>BOLD = in tray</b> , <i>Italic = Outside of Tray</i> 🍌 =Meatless Meal (may contain eggs and/or dairy)
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<b>Comments</b>	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
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