



MAY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
Calabaza Con Pollo [6] over Fluffy White Rice [25] * Refried Beans [28] Seasoned Carrots [8] * Pineapple Tidbits [18] * 1% Milk [12] *	Pub Burger with Cheese [1] Fries [27] * [18] * Ketchup [2] & Mustard [0] * Hamburger Bun [23] Crinkle Cut Corn off the Cob [23] * Apple Slices [15] * 1% Milk [12] *	Chicken a la King [14] over a Buttermilk Biscuit [15] Buttered Brussels Sprouts [8] * Seasoned Cauliflower [4] * Assorted Gelatin [23] * 1% Milk [12] *	Beefaroni Casserole [27] Buttered Broccoli Florets [5] * Seasoned Carrots [8] * Vanilla Pound Cake [26] 1% Milk [12] *	Chicken Fajita Bowl [1] * over Cilantro Lime Rice [25] * Seasoned Black Beans [14] Flame Roasted Corn [18] * Tortilla Chips [18] * Diced Peaches [12] * 1% Milk [12] *
5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
Salisbury Steak [10] Mashed Potatoes [24] * Buttered Green Beans [6] * Whole Grain Dinner Roll [13] * Mandarin Oranges [16] * 1% Milk [12] *	Chicken & Bowties [26] Seasoned Carrots [8] * Spring Peas [13] * Banana [26] * 1% Milk [12] *	Beef & Broccoli [14] * Fluffy Rice [25] * Four Seasons Vegetable Medley [12] * Vegetarian Spring Roll [10] Strawberry Yogurt [20] * 1% Milk [12] *	Breaded Fish Nuggets [20] Creamy Shells & Cheese [25] Caribbean Vegetable Medley [6] * Ketchup [2] * Tropical Raisins [29] * 1% Milk [12] *	BBQ Beef Brisket [9] Diced Rosemary Potatoes [16] Creamed Corn [24] * Sliced Bread [13] * Diced Peaches [12] * 1% Milk [12] *
5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
Arroz Con Pollo [33] * Refried Beans [28] Seasoned Calabacitas [4] * Pineapple Tidbits [15] * 1% Milk [12] *	Sloppy Joe [5] Seasoned Potato Wedges [25] * Peas & Carrots [10] * Hamburger Bun [23] Grapes [21] * 1% Milk [12] *	Chicken Paprikash [31] Seasoned Brussels Sprouts [8] * Seasoned Carrots [8] * Sugar Cookie [26] * 1% Milk [12] *	Cheese Enchiladas [31] Spanish Style Rice [23] * Seasoned Black Beans [14] Vanilla Pudding [17] * 1% Milk [12] *	Southern Fried Chicken [6] Mashed Potatoes & Gravy [31] Country Vegetable Medley [11] * Mandarin Oranges [16] * 1% Milk [12] *
5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
Beef Stroganoff [25] Asparagus Tips with Red Peppers [4] * Seasoned Carrots [8] * Whole Grain Dinner Roll [13] * Raisins [29] * 1% Milk [12] *	Cheese Filled Omelet [2] Ranchero Sauce [5] Mini Hashbrown Rounds [30] Spiced Peaches [31] * Vanilla Yogurt [10] * 1% Milk [12] *	Chicken Fried Steak [36] Mashed Potatoes [24] * Spring Peas [13] * Chocolate Pudding [19] * 1% Milk [12] *	Italian Pasta Bake [49] Lemon Buttered Broccoli Florets [9] * Seasoned Cauliflower [4] * Banana [26] * 1% Milk [12] *	Picadillo [12] Cilantro Lime Rice [25] * Roasted Corn [18] * Tortilla Chips [18] * Pineapple Tidbits [15] * 1% Milk [12] *
5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024
Chicken Parmesan [19] over Penne Pasta in Red Sauce [47] Buttered Broccoli Florets [5] * Seasoned Cauliflower [4] * Diced Peaches [12] * 1% Milk [12] *	Beef Tamales [24] over Spanish Style Rice [23] * Flame Roasted Corn [18] * Signature Ranchero Sauce [5] Strawberry Yogurt [20] * 1% Milk [12] *	Mesquite Glazed Chicken [24] Mashed Potatoes [24] * Country Vegetable Medley [11] * Red Velvet Cookie [32] * 1% Milk [12] *	Mongolian Beef [16] over Fluffy Rice [25] * Four Seasons Vegetable Medley [12] * Vegetarian Spring Roll [10] Orange [17] * 1% Milk [12] *	Chicken n' Dumplings [10] Corn off the Cob [18] * Spring Peas [13] * Buttermilk Biscuit [27] Apple Slices [15] * 1% Milk [12] *

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY. SUBSTITUTIONS MAY BE MADE. FOR MORE INFORMATION CALL (210)735-5115.

LEGEND: [X] = Grams of Carbohydrates per Serving * = Low Sodium BOLD = In Tray *Italic* = Outside Tray

COMMENTS: Fortified Apple Juice: 120 calories, 0g protein, 28g carbohydrates, and 25mg sodium. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. Generally, it is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates. "Low Sodium" is defined as 140 mg of sodium or less per serving. *Lauren Petley, RDN, LDN*

MENU APPROVED BY: Lauren Petley, MS, RDN, LDN (Registration: 86147166, Expiration: 8/31/2024)(Texas License: DT88677, Expiration: 6/20/2025)

