


Houston Cycle 2, 2019 Holiday Menu

Easter/Birthday 4/18

Glazed Ham+
Whipped Potatoes
Green Beans Almandine
 Wheat Bread
White Cake
Strawberry Frosting
Milk
Margarine
Diet – Cake


588 Calories 79.6gm CHO

Memorial Day 5/24

BBQ Pork Rib Patty+
Tossed Salad
Baked Beans
Hamburger Bun
Apple Crisp
Milk 
Ranch Salad Dressing
Diet – Same

827 Calories 111.4gm CHO

Mother's Day 5/10

Turkey Breast with Gravy*
Cornbread Dressing
Catalina Vegetables
 Texas Bread
Nutty Buddy Bar
Milk
Cranberry Sauce
Diet – Same

616 Calories 85.0gm CHO

Father's Day 6/14

Swiss Steak 
Rosemary Potatoes
Mixed Vegetables
Wheat Bread
Oreo Cookies
Milk
Diet – Cookie

623 Calories 71.3gm CHO

* - Turkey
+ - Pork