



March 2025



MONDAY 3/3/2025	TUESDAY 3/4/2025	WEDNESDAY 3/5/2025	THURSDAY 3/6/2025	FRIDAY 3/7/2025
BBQ Grilled Chicken [11] Macaroni & Cheese [20]♥ Southern Style Okra [9] <i>Cornbread [29]♥</i> <i>Diced Peaches [18]♥</i> <i>2% Milk [12]♥</i> 745 calories / 49 g protein	Old Fashioned Swiss Steak [13] Scalloped Potatoes [22] Peas & Pearl Onions [11]♥ <i>Sliced Wheat Bread [14]♥</i> <i>Banana [26]♥</i> <i>2% Milk [12]♥</i> 750 calories / 39 g protein	Lemon Buttered Pollock [13] Herbed Rice Pilaf [24]♥ Italian Vegetable Medley [11]♥ <i>Whole Grain Dinner Roll [13]♥</i> <i>Tartar Sauce [2]♥</i> <i>Fresh Orange [17]♥</i> <i>2% Milk [12]♥</i> 740 calories / 31 g protein	Pub Burger w/ Cheese [1] Seasoned Potato Wedges [19]♥ Garden Vegetable Medley [11]♥ <i>Hamburger Bun [23]</i> <i>Ketchup [6] & Mustard [0]</i> <i>Lettuce/Tomato/Onion Garnish [4]♥</i> <i>Fresh Grapes [21]♥</i> <i>2% Milk [12]♥</i> 78 5 calories / 38 g protein	Manicotti in Red Sauce [42] Steamed Broccoli Flores [6]♥ Parslied Carrots [7]♥ <i>Garlic Bread [14]♥</i> <i>Fresh Apple Slices [15]♥</i> <i>2% Milk [12]♥</i> 710 calories / 34 g protein
3/10/2025 Carne Guisada [6]♥ Spanish Rice [25]♥ Green Beans [7]♥ <i>Buttermilk Biscuit [27]</i> <i>Mixed Fruit [19]♥</i> <i>2% Milk [12]♥</i> 710 calories / 45 g protein	3/11/2025 Smothered Chicken [5] Maple Roasted Sweet Potatoes [23]♥ Brussel Sprouts [11]♥ <i>Cornbread [29]♥</i> <i>Mixed Fruit [19]♥</i> <i>2% Milk [12]♥</i> 740 calories / 51 g protein	3/12/2025 Breaded Steak Fingers [19] Garlic Mashed Potatoes [17]♥ Peas & Carrots [9]♥ Country Gravy[6]♥ <i>Whole Grain Dinner Roll [13]♥</i> <i>Banana [26]♥</i> <i>2% Milk [12]♥</i> 750 calories / 33 g protein	3/13/2025 Chicken Al Pastor [4]♥ Steamed Brown Rice [22]♥ Roasted Corn & Black Beans [17]♥ Ranchero Sauce [5] <i>Tortilla Chips [18]♥</i> <i>Fresh Apple Slices [15]♥</i> <i>2% Milk [12]♥</i> 740 calories / 52 g protein	3/14/2025 Stromboli Bites [48] Marinara Sauce [10] Garden Veggie Medley [11]♥ <i>Fresh Orange [17]♥</i> <i>2% Milk [12]♥</i> 730 calories / 34 g protein
3/17/2025 Traditional Irish Shepherd's Pie [22] Steamed Broccoli Florets [6]♥ Sweet Corn [20]♥ <i>Whole Grain Dinner Roll [13]♥</i> <i>Applesauce [17]♥</i> <i>Cookie [22]♥</i> <i>2% Milk [12]♥</i> 810 calories / 38 g protein	3/18/2025 Sweet and Sour Meatballs [24] over Fluffy Rice [22]♥ Steamed Vegetable Dumplings [12]♥ Stir Fry Vegetable Medley [12]♥ <i>Fortune Cookie [4]♥</i> <i>Fresh Apple Slices [15]♥</i> <i>2% Milk [12]♥</i> 730 calories / 31 g protein	3/19/2025 Grilled Chicken Piccata[6] Herbed Bow Tie Pasta [20]♥ Normandy Vegetable Medley [7]♥ <i>Garlic Bread [14]♥</i> <i>Banana [26]♥</i> <i>2% Milk [12]♥</i> 700 calories / 51 g protein	3/20/2025 Sloppy Joe Cornbread Bowl [47] Garden Vegetable Medley [11]♥ Parslied Cauliflower Florets [4]♥ <i>Fresh Grapes [21]♥</i> <i>2% Milk [12]♥</i> 745 calories / 32 g protein	3/21/2025 Cheese Enchiladas [32] Cilantro Lime Rice [25]♥ Refried Beans [21]♥ <i>Fresh Orange [17]♥</i> <i>2% Milk [12]♥</i> 720 calories / 39 g protein
3/24/2025 BBQ Smoked Brisket [10] Rosemary Roasted Potatoes [15]♥ Garden Veggie Medley [11]♥ <i>Cornbread [29]♥</i> <i>Diced Pears [19]♥</i> <i>2% Milk [12]♥</i> 770 calories / 35 g protein	3/25/2025 Chicken Parmesan [18] Garlic Buttered Penne Pasta [22]♥ Italian Veggie Medley [11]♥ <i>Whole Grain Dinner Roll [13]♥</i> <i>Fresh Grapes [21]♥</i> <i>2% Milk [12]♥</i> 715 calories / 42 g protein	3/26/2025 Savory Salisbury Steak [10] Maple Roasted Sweet Potatoes [23]♥ Peas & Pearl Onions [11]♥ <i>Sliced Wheat Bread [14]♥</i> <i>Banana [26]♥</i> <i>2% Milk [12]♥</i> 705 calories / 38 g protein	3/27/2025 Arroz con Pollo [30]♥ Spanish Green Beans [6]♥ Roasted Corn & Squash[9]♥ <i>Mini Concha [24]♥</i> <i>Fresh Apple Slices [15]♥</i> <i>2% Milk [12]♥</i> 710 calories / 44 g protein	3/28/2025 Tuna Salad on Lettuce [3] Chilled 3 Bean Salad [14] Roasted Corn & Squash[9]♥ <i>Hamburger Bun [23]</i> <i>Fresh Orange [17]♥</i> <i>2% Milk [12]♥</i> 750 calories / 37 g protein
3/31/2025 CESAR CHAVEZ DAY - HEAL HOLIDAY Chicken Fried Chicken [15] Garlic Mashed Potatoes [17]♥ Peas & Carrots [9]♥ <i>Buttermilk Biscuit [27]</i> <i>Mixed Fruit [19]♥</i> <i>2% Milk [12]♥</i> 760 calories / 38 g protein	4/1/2025 Teriyaki Beef & Broccoli[11] over Sesame Rice [22]♥ Sweet & Sour Carrots [23]♥ Vegetable Spring Rolls [13] <i>Fortune Cookie [4]♥</i> <i>Fresh Apple Slices [15]♥</i> <i>2% Milk [12]♥</i> 710 calories / 33 g protein	4/2/2025 Baked Chicken Tenders [16] Macaroni & Cheese [20]♥ Green Beans [7]♥ <i>Honey Mustard [7]♥ & BBQ Sauce [10]♥</i> <i>Banana [26]♥</i> <i>2% Milk [12]♥</i> 780 calories / 43 g protein	4/3/2025 Tomato Glazed Meatloaf [8] Scalloped Potatoes[22] Brussel Sprouts [11]♥ Cinnamon Spiced Peaches [30]♥ <i>Garlic Bread [14]♥</i> <i>2% Milk [12]♥</i> 715 calories / 31 g protein	4/4/2025 Black Bean Burger w/ Cheese [17] Tater Tots [17]♥ Garden Veggie Medley [11]♥ <i>Hamburger Bun [23]</i> <i>Ketchup [6]</i> <i>Lettuce/Tomato/Onion Garnish [4]♥</i> <i>Fresh Orange [17]♥</i> <i>2% Milk [12]♥</i> 710 calories / 37 g protein

For more information call 210-207-7172. Menu subject to availability and change without notice.

Legend	[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)
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Comments
 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 while a snack consist of 15-30 g of carbohydrates.