

 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments			Menu Approved 7.25.25 Carey Stites MS, RD, LD Carey Stites MS, RD, LD CDR RD License #933123 (Exp 8.25) TDLR LD License #DT06639 (Exp 10.26) <i>Carey Stites MS, RD, LD</i>	Friday, Aug 1, 2025 Pimento Cheese Chicken Salad Sandwich (250) Lettuce/Tomato Slice (10) Chips (160) Sherbert Cup (90) Fresh Orange Smiles (50) 560 Calories
Monday, Aug 4, 2025	Tuesday, Aug 5, 2025	Wednesday, Aug 6, 2025	Thursday, Aug 7, 2025	Friday, Aug 8, 2025
Potato Chip Crusted Chicken Tenders (351) Mac n Cheese (203) Glazed Carrots (113) Sliced Pears (70) 727 calories	Homestyle Meatloaf (372) Mashed Potatoes (200) Seasoned French Cut Gr Beans (50) Mango Chunks (80) 702 calories	Chicken Fajitas (137) Pico de Gallo (19) Mexican Rice (156) Pinto Beans (95) Flour Tortilla (90) Fruit Salad Cup (70) 567 calories	BBQ Brisket Loaded Baked Potato (774) Broccoli Florets (40) Sliced Peaches (50) 864 Calories	Tuna Salad on Honey Wheat Bread (253) Pickle Spear (5), Lettuce, Tomato (40), Chips (160) Mixed Fruit Salad (70) 668 calories
Monday, Aug 11, 2025	Tuesday, Aug 12, 2025	Wednesday, Aug 13, 2025	Thursday, Aug 14, 2025	Friday, Aug 15, 2025
Cornbread & Gr Beef Chili Casserole (460) Peas & Carrots (90) Fresh Orange Smiles (50) 600 calories	Chicken Chow Mein w/ Crispy Chow Mein Noodles (430) Broccoli Florets (40) Sliced Peaches (50) Fortune Cookie (26) 522 calories	Crispy Beef Tacos (416) Lettuce/Tomato Salad (40) Mexican Rice (100) Pinto Beans (95) Fruit Salad Blend (70) 681 calories	Honey Mustard Chicken Thigh (300), Seasoned Penne Pasta (150) Seasoned Green Beans (40), Apple Slices (50) 540 calories	Ham & Egg Salad over Romaine (230) Cucumbers & Tomatoes (20), Ritz Crackers 5 (80) Fresh Banana (100) Neapolitan Ice Cream (140) 570 calories
Monday, Aug 18, 2025	Tuesday, Aug 19, 2025	Wednesday, Aug 20, 2025	Thursday, Aug 21, 2025	Friday, Aug 22, 2025
Honey Garlic Chicken (347) White Rice (120) Vegetable Egg Roll (170) Mixed Fruit Cup (70) 707 calories	Crispy Baked Fish Fillet (395) Roasted Baby Potatoes (175) Normandy Vegetables (35) Apricots (50) 655 calories	Beef Tamales (2) w/ Sauce (327) Lettuce/Tomato Salad (40) Mexican Rice (100) Pinto Beans (95) Fresh Orange Smiles (50) 612 calories	Chicken Parmesan over Pasta (461), Dinner Roll (80), Green Beans (25) Grapes (62) 678 calories	Turkey Croissant (422) Lettuce, Tomato (40) Sliced Pickled Beets (23) Chips (160) Mango Chunks (80) 565 calories
Monday, Aug 25, 2025	Tuesday, Aug 26, 2025	Wednesday, Aug 27, 2025	Thursday, Aug 28, 2025	Friday, Aug 29, 2025
Sweet & Sour Meatballs (317) White Rice (120) Steamed Broccoli (40) Fruit Cocktail Blend (101) 578 Calories	Kielbasa Sausage & Baby Potatoes (533) Seasoned Gr Beans (50) Pudding Cup (130) Sliced Pears (70) 783 calories	Fideo Loco (425) (Picadillo w/ Vermicelli) Pinto Beans (95), Lettuce w/Sliced Tomato (40) Peach Cup (50) 610 calories	Baked Chicken Thigh (250) Cornbread Dressing (250) Glazed Carrots (113) Fresh Orange Smiles (50) 663 calories	Chicken Salad Croissant (422), Lettuce, Tomato (40) Chips (160) Cantaloupe (70) 796 calories

