



OCTOBER 2022

K-12th Breakfast and Lunch Menu

Rio Grande Valley

Celebrate
National School Lunch
Week (NSLW)
with New Lunch Menu
Items!
Oct 24th – Oct 28th



MONDAY

3

- B** Breakfast Kolache
- L** Veggie Pizza
Crumbly Ranch Cauliflower
Fresh Garden Salad

TUESDAY

4

- B** Fresh Fruit Parfait
- L** Texas Tacos
Street Corn
Fresh Cilantro & Onion

WEDNESDAY

5

- B** Banana Nut Muffin Top
- L** Chicken & Vegetable Lo Mein
Asian Kale Salad

THURSDAY

6

- B** Strawberry or Apple Chia Bar
w/ Greek Yogurt
- L** Turkey Hot Dog
Bean Chili
Cucumber Slices

FRIDAY

7

No School



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

LEGEND

B: Breakfast
L: Lunch



NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.

10

No School

11

- B** Mini Maple Chip Waffles
- L** Chicken Tamales
Jicama Sticks w/ Tajin
Cowboy Caviar

12

- B** Denver Style Breakfast Burrito
- L** Lasagna Rollup, Homemade
Marinara, Garlic Breadstick,
Garlic Green Beans

13

- B** Biscuit & Jelly
- L** Toasty Turkey Cheddar
Flatbread Sandwich, Veggie
Quinoa Soup, Homemade
Pickle Chips

14

- B** Apple Pie Overnight Oats
- L** Cheese or Pepperoni Pizza
Italian Seasoned Veggies
Veggie Ranch Cup

17

- B** Pancake Sandwich
- L** Cheeseburger or Hamburger,
Curly Fries
Deluxe Deli Salad

18

- B** Sunny Oatmeal Round
- L** Beef Picadillo
Spanish Rice
Vegetable Medley

19

- B** Toast & Strawberry Cream
Cheese
- L** Roasted Chicken, Dinner Roll,
Rustic Mashed Potatoes w/
Gravy, Roasted Zucchini

20

- B** Breakfast Pizza
- L** Spaghetti with Meatballs
Homemade Marinara, Garlic
Breadstick, Caesar Salad

21

- B** Sausage, Egg & Cheese English
Muffin
- L** Chicken or Fish Dippers
Sweet Potato Puffs, White
Beans & Kale

24

NSLW

- B** Breakfast Kolache
- L** Philly Cheese Steak
Roasted Mushroom & Onion,
Sweet Potato Puffs

25

NSLW

- B** Fresh Fruit Parfait
- L** BBQ Chicken, Dinner Roll,
Homemade Potato Salad, Baked
Beans, BBQ Sauce

26

NSLW

- B** Banana Nut Muffin
- L** Creamy Chicken Pastalaya,
Seasoned Corn

27

NSLW

- B** Strawberry or
Apple Chia Bar w/ Greek Yogurt
- L** Coditos con Pollo, Pinto Beans,
Corn Tortillas, Vegetable
Medley

28

NSLW

- B** Ham, Egg &
Cheese Sandwich
- L** Beef Nachos, Shredded
Romaine, Sliced Jalapenos,
Diced Tomatoes, Sour Cream

31

- B** Mini Maple Chip Waffles
- L** Chicken Tamales
Jicama Sticks w/ Tajin
Cowboy Caviar

Nov 1

- B** Homemade Granola & Vanilla
Yogurt Cup
- L** Crispy Beef Tacos
Refried Beans, Shredded
Romaine Tomato Salad

Nov 2

- B** Denver Style Breakfast Burrito
- L** Lasagna Rollup, Homemade
Marinara, Breadstick, Garlic
Green Beans

Nov 3

- B** Biscuit & Jelly
- L** Toasty Turkey Cheddar
Flatbread Sandwich, Veggie
Quinoa Soup, Homemade
Pickle Chips

Nov 4

- B** Apple Pie Overnight Oats
- L** Cheese or Pepperoni Pizza
Italian Seasoned Veggies
Veggie Ranch Cup



OCTOBER 2022

K-12th Supper Menu

Rio Grande Valley

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National School Lunch
Week (NSLW)
with New Lunch Menu
Items!
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MONDAY

3

Corn Dog
Cherry Tomatoes

TUESDAY

4

Turkey Ham
Hummus
Sun Chips
Baby Carrots

WEDNESDAY

5

Flatbread
Hardboiled Egg
Peanut Butter Cup
Celery Sticks

THURSDAY

6

Turkey & Cheddar
Hoagie
Mini Deli Salad

FRIDAY

7

No School

10

No School

11

Bean & Cheese Burrito
Cucumber

12

Personal Pizza
Celery Sticks

13

Cold Ham & Cheese
Croissant
Baby Carrots

14

Mozzarella Pearls
Turkey Cubes
Sun Chips
Cherry Tomatoes

17

Pretzel Bites
Turkey Cubes
Cheese Cubes
Celery Sticks

18

Chicken & Cheese
Quesadilla
Salsa Cup

19

Chicken Slider
Mini Deli Salad

20

Flatbread
Shredded Mozzarella
Pepperoni
Cucumber

21

Mac and Cheese
Cherry Tomatoes

24

Corn Dog
Cherry Tomatoes

25

Turkey Ham
Hummus
Sun Chips
Baby Carrots

26

Flatbread
Hardboiled Egg
Peanut Butter Cup
Celery Sticks

27

Turkey & Cheddar
Hoagie
Mini Deli Salad

28

Twisted Cheesy
Breadstick
Marinara Cup

31

Bean & Cheese Burrito
Cucumber

Nov 1

Turkey Wrap
Mini Deli Salad

Nov 2

Personal Pizza
Celery Sticks

Nov 3

Cold Ham & Cheese
Croissant
Baby Carrots

Nov 4

Mozzarella Pearls
Turkey Cubes
Sun Chips
Cherry Tomatoes



OFFERED DAILY

AT SUPPER

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains

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