



# OCTOBER 2022

## Pre-K Breakfast and Lunch Menu

### Houston

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



#### MONDAY

3

- B Breakfast Kolache
- L Veggie Pizza  
Crumbly Ranch Cauliflower

#### TUESDAY

4

- B Fresh Fruit Parfait
- L Texas Tacos  
Street Corn

#### WEDNESDAY

5

- B Cereal & Cracker Pack
- L Chicken & Vegetable  
Lo Mein

#### THURSDAY

6

- B Cereal & Cracker Pack
- L Turkey Hot Dog  
Bean Chili

#### FRIDAY

7

- B No School
- L 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

- B No School
- L No School

11

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

12

- B Denver Style Breakfast Burrito
- L Lasagna Rollup  
Homemade Marinara

13

- B Biscuit & Jelly
- L Toasty Turkey Cheddar  
Flatbread Sandwich  
Homemade Pickle Chips

14

- B Apple Pie Overnight Oats
- L Cheese or Pepperoni Pizza  
Italian Seasoned Veggies

17

- B Pancake Sandwich
- L Cheeseburger or  
Hamburger  
Curly Fries

18

- B Cereal or Cracker Pack
- L Spiced Chicken Pita  
Cucumber Feta Tomato  
Salad

19

- B Toast & Strawberry Cream  
Cheese
- L Roasted Chicken  
Dinner Roll  
Roasted Zucchini Slices

20

- B Breakfast Pizza
- L Spaghetti with Meatballs  
Homemade Marinara

21

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

24

- B Breakfast Kolache
- L Philly Cheese Steak  
Sweet Potato Puffs

NSLW

25

- B Fresh Fruit Parfait
- L BBQ Chicken  
Dinner Roll  
Baked Beans

NSLW

26

- B Cereal & Cracker Pack
- L Creamy Chicken Pastalaya  
Seasoned Corn

NSLW

27

- B Cereal & Cracker Pack
- L Chicken Pot Pie

NSLW

28

- B Ham, Egg & Cheese  
Sandwich
- L Beef Nachos  
Shredded Romaine  
Sour Cream

NSLW

31

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

Nov 1

- B Homemade Granola &  
Vanilla Yogurt Cup
- L Crispy Beef Tacos  
Refried Beans

Nov 2

- B Denver Style Breakfast Burrito
- L Lasagna Rollup  
Homemade Marinara

Nov 3

- B Biscuit & Jelly
- L Toasty Turkey Cheddar  
Flatbread Sandwich  
Homemade Pickle Chips

Nov 4

- B Apple Pie Overnight Oats
- L Cheese or Pepperoni Pizza  
Italian Seasoned Veggies