



JANUARY 2023

K-12th Breakfast and Lunch Menu

Houston



MONDAY

2

Holiday

9

BREAKFAST

Mini Maple Chip Waffles

LUNCH

Chicken Tamales
Cowboy Caviar
Jicama Sticks

16

Holiday

23

BREAKFAST

Breakfast Kolache

LUNCH

Veggie Pizza
Crumbly Ranch Cauliflower
Fresh Garden Salad with Croutons

30

BREAKFAST

Warm Biscuit

LUNCH

Chicken Tamales
Cilantro Cabbage Salad
Pico De Gallo

TUESDAY

3

Holiday

10

BREAKFAST

Homemade Granola &
Yogurt Cup

LUNCH

Crispy Beef Tacos
Refried Beans
Shredded Romaine & Tomato Salad

17

BREAKFAST

Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Deluxe Deli Salad
Curly Fries

24

BREAKFAST

Fresh Fruit Parfait

LUNCH

Texas Tacos
Street Corn
Fresh Cilantro & Onion

31

BREAKFAST

Snack'n Waffles

LUNCH

Turkey Club Sub
Veggie Quinoa Soup
Deluxe Deli Salad

WEDNESDAY

4

Holiday

11

BREAKFAST

Denver Style Breakfast Burrito

LUNCH

Lasagna Rollup
Homemade Marinara
Garlic Breadstick
Garlic Green Beans

18

BREAKFAST

Toast & Strawberry Cream Cheese

LUNCH

Roasted Chicken
Zucchini Slices
Rustic Mashed Potatoes with Gravy
Roll

25

BREAKFAST

Banana Nut Muffin Top

LUNCH

Chicken Lo Mein
Asian Kale Salad



THURSDAY

5

BREAKFAST

Strawberry or Apple Chia Bar
With Greek Yogurt

LUNCH

Turkey Hot Dog
Bean Chili
Cucumber Slices

12

BREAKFAST

Biscuits & Jelly

LUNCH

Toasty Turkey Cheddar
Flatbread Sandwich
Homemade Pickle Chips
Veggie Quinoa Soup

19

BREAKFAST

Breakfast Pizza

LUNCH

Spaghetti & Meatballs
Homemade Marinara
Caesar Salad

26

BREAKFAST

Strawberry or Apple Chia Bar
with Greek Yogurt

LUNCH

Turkey Hot Dog
Bean Chili
Cucumber Slices

FRIDAY

6

BREAKFAST

Ham, Egg & Cheddar Croissant
Sandwich

LUNCH

Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries
Coleslaw

13

BREAKFAST

Apple Pie Overnight Oats

LUNCH

Pepperoni or Cheese Pizza
Italian Seasoned Veggies
Veggie Ranch Cup

20

BREAKFAST

Sausage, Egg, & Cheese English Muffin

LUNCH

Chicken or Fish Dippers
Sweet Potato Puffs
White Beans & Kale

27

BREAKFAST

Ham, Egg & Cheddar Croissant
Sandwich

LUNCH

Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries
Coleslaw



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.



JANUARY 2023

K-12th SUPER MENU

Houston



MONDAY

2

Holiday

9

Bean & Cheese
Burrito
Cucumber

16

Holiday

23

Corn Dog
Cherry Tomatoes

30

Pretzel Bites
Turkey Cubes
Cheese Cubes
Celery Sticks

TUESDAY

3

Holiday

10

Turkey Wrap
Mini Deli Salad

17

Pretzel Bites
Turkey Cubes
Cheese Cubes
Celery Sticks

24

Turkey Ham
Hummus
Sun Chips

31

Chicken & Cheese
Quesadilla
Salsa Cup

WEDNESDAY

4

Holiday

11

Personal Pizza
Celery Sticks

18

Chicken Slider
Mini Deli Salad

25

Flatbread
Hard Boiled Egg
PB Cup
Celery Sticks



THURSDAY

5

Turkey & Cheddar
Hoagie
Mini Deli Salad

12

Cold Ham & Cheese
Croissant
Baby Carrots

19

Flatbread
Shredded Mozzarella
Pepperoni
Cucumber

26

Turkey & Cheddar
Hoagie
Mini Deli Salad

FRIDAY

6

Twisted Cheesy
Breadstick
Marinara Cup

13

Mozzarella Pearls
Turkey Cubes
Sun Chips

20

Mac & Cheese
Cherry Tomatoes

27

Twisted Cheesy
Breadstick
Marinara Cup



OFFERED DAILY

AT SUPPER

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

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