



JANUARY 2023

Pre-K Breakfast and Lunch Menu

Houston



MONDAY

2

Holiday

TUESDAY

3

Holiday

WEDNESDAY

4

Holiday

THURSDAY

5

BREAKFAST

Cereal & Cracker Pack

LUNCH

Turkey Hot Dog
Bean Chili

FRIDAY

6

BREAKFAST

Ham, Egg & Cheddar Croissant
Sandwich

LUNCH

Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries

9

BREAKFAST

Mini Maple Chip Waffles

LUNCH

Chicken Tamales
Jicama Sticks

10

BREAKFAST

Homemade Granola &
Yogurt Cup

LUNCH

Crispy Beef Tacos
Refried Beans

11

BREAKFAST

Denver Style Breakfast Burrito

LUNCH

Lasagna Rollup
Homemade Marinara

12

BREAKFAST

Biscuits & Jelly

LUNCH

Toasty Turkey Cheddar
Flatbread Sandwich
Homemade Pickle Chips

13

BREAKFAST

Apple Pie Overnight Oats

LUNCH

Pepperoni or Cheese Pizza
Italian Seasoned Veggies

16

Holiday

17

BREAKFAST

Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Curly Fries

18

BREAKFAST

Toast & Strawberry Cream Cheese

LUNCH

Roasted Chicken
Zucchini Slices
Roll

19

BREAKFAST

Breakfast Pizza

LUNCH

Spaghetti & Meatballs
Homemade Marinara

20

BREAKFAST

Sausage, Egg & Cheese English Muffin

LUNCH

Chicken or Fish Dippers
Sweet Potato Puffs

23

BREAKFAST

Breakfast Kolache

LUNCH

Veggie Pizza
Crumbly Ranch Cauliflower

24

BREAKFAST

Fresh Fruit Parfait

LUNCH

Texas Tacos
Street Corn

25

BREAKFAST

Cereal & Cracker Pack

LUNCH

Chicken Lo Mein

26

BREAKFAST

Cereal & Cracker Pack

LUNCH

Turkey Hot Dog
Bean Chili

27

BREAKFAST

Ham, Egg & Cheddar Croissant
Sandwich

LUNCH

Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries

30

BREAKFAST

Warm Biscuit

LUNCH

Chicken Tamales
Cilantro Cabbage Salad

31

BREAKFAST

Snack'n Waffles

LUNCH

Turkey Club Sub
Veggie Quinoa Soup



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.