



JANUARY 2023

K-12th Breakfast and Lunch Menu

Permian Basin



MONDAY

2

Holiday

TUESDAY

3

Holiday

WEDNESDAY

4

Holiday

THURSDAY

5

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

9

BREAKFAST
Mini Maple Chip Waffles

LUNCH

Chicken Tamales
Cowboy Caviar
Jicama Sticks

10

BREAKFAST
Homemade Granola &
Yogurt Cup

LUNCH

Crispy Beef Tacos
Refried Beans
Shredded Romaine & Tomato Salad

11

BREAKFAST
Denver Style Breakfast Burrito

LUNCH

Lasagna Rollup
Homemade Marinara
Garlic Breadstick
Garlic Green Beans

12

BREAKFAST
Biscuits & Jelly

LUNCH

Toasty Turkey Cheddar
Flatbread Sandwich
Homemade Pickle Chips
Veggie Quinoa Soup

13

BREAKFAST
Apple Pie Overnight Oats

LUNCH

Pepperoni or Cheese Pizza
Italian Seasoned Veggies
Veggie Ranch Cup

16

Holiday

17

BREAKFAST
Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Deluxe Deli Salad
Curly Fries

18

BREAKFAST
Toast & Strawberry Cream Cheese

LUNCH

Roasted Chicken
Zucchini Slices
Rustic Mashed Potatoes with Gravy
Roll

19

BREAKFAST
Breakfast Pizza

LUNCH

Spaghetti & Meatballs
Homemade Marinara
Caesar Salad

20

BREAKFAST
Sausage, Egg, & Cheese English Muffin

LUNCH

Chicken or Fish Dippers
Sweet Potato Puffs
White Beans & Kale

23

BREAKFAST
Breakfast Kolache

LUNCH

Veggie Pizza
Crumbly Ranch Cauliflower
Fresh Green Salad with Croutons

24

BREAKFAST
Fresh Fruit Parfait

LUNCH

Texas Tacos
Street Corn
Fresh Cilantro & Onion

25

BREAKFAST
Banana Nut Muffin Top

LUNCH

Chicken Lo Mein
Asian Kale Salad

26

BREAKFAST
Strawberry or Apple Chia Bar
with Greek Yogurt

LUNCH

Turkey Hot Dog
Bean Chili
Cucumber Slices

27

BREAKFAST
Ham, Egg & Cheddar Croissant
Sandwich

LUNCH

Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries
Coleslaw

30

BREAKFAST
Warm Biscuit

LUNCH

Chicken Tamales
Cilantro Cabbage Salad
Pico De Gallo

31

BREAKFAST
Snack'n Waffles

LUNCH

Turkey Club Sub
Veggie Quinoa Soup
Deluxe Deli Salad



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 Permian Basin



MONDAY

2

Holiday

TUESDAY

3

Holiday

WEDNESDAY

4

Holiday

THURSDAY

5

Turkey & Cheddar
Hoagie
Mini Deli Salad

FRIDAY

6

Twisted Cheesy
Breadstick
Marinara Cup

9

Bean & Cheese
Burrito
Cucumber

10

Turkey Wrap
Mini Deli Salad

11

Personal Pizza
Celery Sticks

12

Cold Ham & Cheese
Croissant
Baby Carrots

13

Mozzarella Pearls
Turkey Cubes
Sun Chips
Cherry Tomatoes

16

Holiday

17

Pretzel Bites
Turkey Cubes
Cheese Cubes
Celery Sticks

18

Chicken Slider
Mini Deli Salad

19

Flatbread
Shredded Mozzarella
Pepperoni
Cucumber

20

Mac & Cheese
Cherry Tomatoes

23

Corn Dog
Cherry Tomatoes

24

Turkey Ham
Hummus
Sun Chips

25

Flatbread
Hard Boiled Egg
PB Cup
Celery Sticks

26

Turkey & Cheddar
Hoagie
Mini Deli Salad

27

Twisted Cheesy
Breadstick
Marinara Cup

30

Pretzel Bites
Turkey Cubes
Cheese Cubes
Celery Sticks

31

Chicken & Cheese
Quesadilla
Salsa Cup



OFFERED DAILY

AT SUPPER

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

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.