



# JANUARY 2023

## K-12<sup>th</sup> Breakfast and Lunch Menu

### Rio Grande Valley



#### 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-12<sup>th</sup> SUPER MENU

### Rio Grande Valley



#### 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

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