



# JANUARY 2023

## Pre-K Breakfast and Lunch Menu

### Rio Grande Valley



#### 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.