

# **JANUARY 2023** K-12th Breakfast and Lunch Menu **San Antonio**



MONDAY

**TUESDAY** 

WEDNESDAY

**Holiday** 

**THURSDAY** 

**BREAKFAST** 

with Greek Yogurt

Turkey Hot Dog

Bean Chili

**Cucumber Slices** 

LUNCH

Strawberry or Apple Chia Bar

6 **BREAKFAST** 

Ham, Egg & Cheddar Croissant Sandwich

**FRIDAY** 

LUNCH

Crispy Chicken or Fish Sandwich Parmesan Carrot Fries Coleslaw

**BREAKFAST** 

Holiday

Mini Maple Chip Waffles

**LUNCH** 

Chicken Tamales Cowboy Caviar Jicama Sticks

10

3

BREAKFAST

**Holiday** 

Homemade Granola & Yogurt Cup

LUNCH

Crispy Beef Tacos **Refried Beans** Shredded Romaine & Tomato Salad 11

4

**BREAKFAST** 

Denver Style Breakfast Burrito

**LUNCH** 

Lasagna Rollup Homemade Marinara Garlic Breadstick Garlic Green Beans

12

5

**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

2

9

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

Sausage, Egg, & Cheese English Muffin

**BREAKFAST** 

LUNCH

Chicken or Fish Dippers Sweet Potato Puffs White Beans & Kale

**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

Parmesan Carrot Fries Coleslaw

23

30

**BREAKFAST** 

Warm Biscuit

LUNCH

Chicken Tamales Cilantro Cabbage Salad Pico De Gallo

31

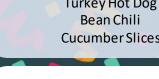
**BREAKFAST** 

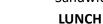
Snack'n Waffles

**LUNCH** 

Turkey Club Sub Veggie Quinoa Soup Deluxe Deli Salad







Crispy Chicken or Fish Sandwich



### AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice Whole Grains

Pack

Assorted Cereal & Cracker



- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk



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 San Antonio



KIDS HERE

**OFFERED DAILY** 

AT SUPPER

Colorful Vegetables

Assorted Fresh Fruit

**NOTICE:** Due to COVID 19,

product availability is not

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subject to change without

notice based on availability

FF Milk

1% Milk

Whole Grains

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# **TUESDAY**

# **WEDNESDAY**

## **THURSDAY**

### **FRIDAY**

Holiday

Holiday

Holiday

Turkey & Cheddar Hoagie Mini Deli Salad

**Twisted Cheesy Breadstick** Marinara Cup

2

Bean & Cheese Burrito Cucumber

10

3

**Turkey Wrap** Mini Deli Salad 11

Personal Pizza **Celery Sticks** 

12

Cold Ham & Cheese Croissant **Baby Carrots** 

Mozzarella Pearls **Turkey Cubes** Sun Chips **Cherry Tomatoes** 

16

Holiday

Pretzel Bites

**Turkey Cubes Cheese Cubes Celery Sticks** 

Chicken Slider Mini Deli Salad 19

Flatbread Shredded Mozzarella Pepperoni Cucumber

20

Mac & Cheese **Cherry Tomatoes** 

**23** 

Corn Dog **Cherry Tomatoes**  24

**17** 

Turkey Ham Hummus Sun Chips

25

**Flatbread** Hard Boiled Egg PB Cup **Celery Sticks** 

26

Turkey & Cheddar Hoagie Mini Deli Salad

27

Breadstick Marinara Cup

30

**Pretzel Bites Turkey Cubes Cheese Cubes** Celery Sticks

31

Chicken & Cheese Quesadilla Salsa Cup



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