

# FEBRUARY 2023

## K-12 Breakfast and Lunch Menu

### Austin

#### MONDAY

2

#### TUESDAY

3

#### WEDNESDAY

1

##### BREAKFAST

Homemade Granola & Vanilla Yogurt Cup

##### LUNCH

Creamy Chicken Alfredo w/ Garlic Breadstick  
Parmesan Green Peas  
Roasted Veggies

#### THURSDAY

2

##### BREAKFAST

Potato, Egg & Cheese Breakfast Burrito

##### LUNCH

Crispy Beef Tacos  
Refried Beans  
Shredded Romaine & Tomato Salad

#### FRIDAY

3

##### BREAKFAST

Banana Nut Muffin Tops

##### LUNCH

Pepperoni or Cheese Pizza  
Fresh Garden Salad w/ Croutons  
Crumbly Ranch Cauliflower w/ Buffalo Sauce

6

##### BREAKFAST

Pancake Sandwich

##### LUNCH

Cheeseburger or Hamburger  
Baked Beans  
Deluxe Deli Salad

7

##### BREAKFAST

Blueberry Muffin Tops

##### LUNCH

Burrito Bowl  
Cowboy Caviar  
Shredded Romaine

8

##### BREAKFAST

Cinnamon Bagel

##### LUNCH

Crispy Baked Chicken w/ Warm Dinner Roll  
Rustic Mashed Potatoes w/ Gravy  
Carrot Craisin Salad

9

##### BREAKFAST

Breakfast Pizza

##### LUNCH

Spaghetti & Meatballs w/ Garlic Breadstick  
Homemade Marinara Sauce  
Cucumber Ranch Cup

10

##### BREAKFAST

Sausage, Egg & Cheese English Muffin

##### LUNCH

Crispy Chicken Sandwich or  
Crispy Fish Sandwich  
Deluxe Deli Salad  
Curly Fries

13

Bad Weather Day  
No Classes

14

##### BREAKFAST

Breakfast Kolache

##### LUNCH

Veggie Pizza  
Zucchini Bake  
Fresh Garden Salad w/ Croutons

15

##### BREAKFAST

Turkey Ham, Egg & Cheddar Croissant

##### LUNCH

Chicken Teriyaki & Not So Fried Rice  
Sauteed Asian Vegetables  
Asian Kale Salad

16

##### BREAKFAST

Strawberry or Apple Chia Bar and  
Greek Yogurt

##### LUNCH

Turkey Hot Dog  
Bean Chili  
Curly Fries

17

##### BREAKFAST

Cocoa Banana Overnight Oats

##### LUNCH

Steak Fingers or Fish Dippers  
Country Style Green Beans  
Sweet Potato Puff

20

Professional  
Development  
No Classes

21

##### BREAKFAST

Warm Biscuit

##### LUNCH

Chicken Tamales  
Cilantro Cabbage Salad  
Pico de Gallo

22

##### BREAKFAST

Homemade Granola & Vanilla Yogurt Cup

##### LUNCH

Creamy Chicken Alfredo w/ Garlic Breadstick  
Parmesan Green Peas  
Roasted Veggies

23

##### BREAKFAST

Potato, Egg & Cheese Breakfast Burrito

##### LUNCH

Crispy Beef Tacos  
Refried Beans  
Shredded Romaine & Tomato Salad

24

##### BREAKFAST

Banana Nut Muffin Tops

##### LUNCH

Pepperoni or Cheese Pizza  
Fresh Garden Salad w/ Croutons  
Crumbly Ranch Cauliflower w/ Buffalo Sauce

27

##### BREAKFAST

Pancake Sandwich

##### LUNCH

Cheeseburger or Hamburger  
Baked Beans  
Deluxe Deli Salad

28

##### BREAKFAST

Blueberry Muffin Tops

##### LUNCH

Burrito Bowl  
Cowboy Caviar  
Shredded Romaine



#### 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

##### 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.

# FEBRERO 2023

## K-12 Supper Menu

### Austin

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

1  
Chicken Sliders  
Mini Deli Saad

2  
Flatbread  
Shredded Mozzarella  
Pepperoni  
Marinara Cup

3  
Mac & Cheese  
w/ Broccoli  
Cherry Tomatoes

6  
Bean & Cheese  
Burrito  
Cucumber

7  
Turkey Wrap &  
Hummus Cup  
Mini Deli Sald

8  
Personal Pizza  
Celery Sticks

9  
Cold Ham &  
Cheese Croissant  
Baby Carrots

10  
Mozzarella Pearls  
Turkey Cubes  
Sunchips  
Cherry Tomatoes

13  
Bad Weather Day  
No Classes

14  
Corn Dog  
Cherry Tomatoes

15  
Waffle Flatbread  
Hardboiled Egg  
PB Cup  
Celery Sticks

16  
Turkey & Cheddar  
Hoagie  
Mini Deli Salad

17  
Twisted WG Cheesy  
Breadstick  
Marinara Cup

20  
Professional  
Development  
No Classes

21  
Turkey Cubes  
Cheese Cubes  
Pretzel Bites  
Celery Sticks

22  
Chicken Sliders  
Mini Deli Salad

23  
Flatbread  
Shredded Mozzarella  
Pepperoni  
Marinara Cup

24  
Mac & Cheese  
w/ Broccoli  
Cherry Tomatoes

27  
Bean &  
Cheese Burrito  
Cucumber

28  
Turkey Wrap  
& Hummus Cup  
Mini Deli Sald

Personal Pizza  
Celery Sticks

Cold Ham  
& Cheese Croissant  
Baby Carrots

Mozzarella Pearls  
Turkey Cubes  
Sunchips  
Cherry Tomatoes



#### 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.