

FEBRUARY 2023

K-12 Breakfast and Lunch Menu

Houston

MONDAY

2

6

BREAKFAST

Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

13

BREAKFAST

Breakfast Kolache

LUNCH

Veggie Pizza
Zucchini Bake
Fresh Garden Salad w/ Croutons

20

BREAKFAST

Warm Biscuit

LUNCH

Chicken Tamales
Cilantro Cabbage Salad
Pico de Gallo

27

BREAKFAST

Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

TUESDAY

3

7

BREAKFAST

Blueberry Muffin Tops

LUNCH

Burrito Bowl
Cowboy Caviar
Shredded Romaine

14

BREAKFAST

Fresh Fruit Parfait

LUNCH

Carne Guisada w/ Refried Beans
Mini Shredded Romaine & Tomato Salad
Warm Wheat Tortilla
Roasted Jalapeno Corn

21

BREAKFAST

Snack N' Waffles

LUNCH

Turkey Club Sub
Veggie Quinoa Soup
Deluxe Deli Salad

28

BREAKFAST

Blueberry Muffin Tops

LUNCH

Burrito Bowl
Cowboy Caviar
Shredded Romaine

WEDNESDAY

1

BREAKFAST

Homemade Granola & Vanilla Yogurt
Cup

LUNCH

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

8

BREAKFAST

Cinnamon Bagel

LUNCH

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

15

BREAKFAST

Turkey Ham, Egg & Cheddar Croissant

LUNCH

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

22

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

9

BREAKFAST

Breakfast Pizza

LUNCH

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

16

BREAKFAST

Strawberry or Apple Chia Bar and
Greek Yogurt

LUNCH

Turkey Hot Dog
Bean Chili
Curly Fries

23

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

10

Professional
Development
No Classes

17

BREAKFAST

Cocoa Banana Overnight Oats

LUNCH

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

24

BREAKFAST

Banana Nut Muffin Tops

LUNCH

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



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

Houston

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

4
Bean & Cheese
Burrito
Cucumber

5
Turkey Wrap &
Hummus Cup
Mini Deli Sald

6
Personal Pizza
Celery Sticks

7
Cold Ham &
Cheese Croissant
Baby Carrots

8
Professional
Development
No Classes

9
Corn Dog
Cherry Tomatoes

10
Turkey Ham Cubes
Hummus
Sunchips
Baby Carrots

11
Waffle Flatbread
Hardboiled Egg
PB Cup
Celery Sticks

12
Turkey & Cheddar
Hoagie
Mini Deli Salad

13
Twisted WG Cheesy
Breadstick
Marinara Cup

14
Turkey Cubes
Cheese Cubes
Pretzel Bites
Celery Sticks

15
Chili Verde Chicken
Quesadilla
Salsa Cup

16
Chicken Sliders
Mini Deli Salad

17
Flatbread
Shredded Mozzarella
Pepperoni
Marinara Cup

18
Mac & Cheese
w/ Broccoli
Cherry Tomatoes

19
Bean &
Cheese Burrito
Cucumber

20
Turkey Wrap
& Hummus Cup
Mini Deli Sald

21
Personal Pizza
Celery Sticks

22
Cold Ham
& Cheese Croissant
Baby Carrots

23
Mozzarella Pearls
Turkey Cubes
Sunchips
Cherry Tomatoes

24
Mozzarella Pearls
Turkey Cubes
Sunchips
Cherry Tomatoes

25
Mozzarella Pearls
Turkey Cubes
Sunchips
Cherry Tomatoes



OFFERED DAILY



AT SUPPER

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



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