

# FEBRUARY 2023

## Pre-K Breakfast and Lunch Menu

### Houston

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

**1**

**BREAKFAST**  
Homemade Granola & Vanilla Yogurt Cup

**LUNCH**  
Creamy Chicken Alfredo w/ Garlic Breadstick  
Parmesan Green Peas

**2**

**BREAKFAST**  
Potato, Egg & Cheese Breakfast Burrito

**LUNCH**  
Crispy Beef Tacos  
Refried Beans

**3**

**BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Pepperoni or Cheese Pizza  
Fresh Garden Salad w/ Croutons

**6**

**BREAKFAST**  
Pancake Sandwich

**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans

**7**

**BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Burrito Bowl  
Cowboy Caviar

**8**

**BREAKFAST**  
Cinnamon Bagel

**LUNCH**  
Crispy Baked Chicken w/ Warm Dinner Roll  
Rustic Mashed Potatoes w/ Gravy

**9**

**BREAKFAST**  
Breakfast Pizza

**LUNCH**  
Spaghetti & Meatballs w/ Garlic Breadstick  
Homemade Marinara Sauce

**10**

**Professional Development Day**  
**No Classes**

**13**

**BREAKFAST**  
Breakfast Kolache

**LUNCH**  
Veggie Pizza  
Zucchini Bake

**14**

**BREAKFAST**  
Fresh Fruit Parfait

**LUNCH**  
Carne Guisada w/ Warm Wheat Tortilla  
Mini Shredded Romaine & Tomato Salad

**15**

**BREAKFAST**  
Turkey Ham, Egg & Cheddar Croissant

**LUNCH**  
Chicken Teriyaki & Not So Fried Rice  
Sauteed Asian Vegetables

**16**

**BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Turkey Hot Dog w/ Bean Chili  
Curly Fries

**17**

**BREAKFAST**  
Cocoa Banana Overnight Oats

**LUNCH**  
Steak Fingers or Fish Dippers  
Country Style Green Beans  
Dinner Roll

**20**

**BREAKFAST**  
Warm Biscuit

**LUNCH**  
Chicken Tamales  
Cilantro Cabbage Salad

**21**

**BREAKFAST**  
Snack N' Waffles

**LUNCH**  
Turkey Club Sub  
Veggie Quinoa Soup

**22**

**BREAKFAST**  
Homemade Granola & Vanilla Yogurt Cup

**LUNCH**  
Creamy Chicken Alfredo w/ Garlic Breadstick  
Parmesan Green Peas

**23**

**BREAKFAST**  
Potato, Egg & Cheese Breakfast Burrito

**LUNCH**  
Crispy Beef Tacos  
Refried Beans

**24**

**BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Pepperoni or Cheese Pizza  
Fresh Garden Salad w/ Croutons

**27**

**BREAKFAST**  
Pancake Sandwich

**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans

**28**

**BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Burrito Bowl  
Cowboy Caviar

**27**

**BREAKFAST**  
Pancake Sandwich

**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans

**28**

**BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Burrito Bowl  
Cowboy Caviar



#### OFFERED DAILY

##### AT BREAKFAST

- Assorted Fresh Fruit
- 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.