

FEBRUARY 2023

K-12 Breakfast and Lunch Menu

Permian Basin

MONDAY

2

6

Professional Development
No Classes

13

BREAKFAST
Breakfast Kolache

LUNCH
Veggie Pizza
Zucchini Bake
Fresh Garden Salad w/ Croutons

20

Bad Weather Day
No Classes

27

BREAKFAST
Pancake Sandwich

LUNCH
Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

TUESDAY

3

7

BREAKFAST
Pancake Sandwich

LUNCH
Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

14

BREAKFAST
Fresh Fruit Parfait

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

21

BREAKFAST
Warm Biscuit

LUNCH
Chicken Tamales
Cilantro Cabbage Salad
Pico de Gallo

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

BREAKFAST
Sausage, Egg & Cheese English Muffin

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

17

BREAKFAST
Cocoa Banana Overnight Oats

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

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

Permian Basin

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
Professional
Development
No Classes

7
Bean & Cheese
Burrito
Cucumber

8
Personal Pizza
Celery Sticks

9
Cold Ham &
Cheese Croissant
Baby Carrots

10
Mozzarella Pearls
Turkey Cubes
Sunchips
Cherry Tomatoes

13
Corn Dog
Cherry Tomatoes

14
Turkey Ham Cubes
Hummus
Sun Chips
Baby Carrots

15
Waffle Flatbread
Hardboiled Egg
PB Cup
Celery Sticks

16
Turkey & Cheddar
Hoagie
Mini Deli Salad

17
Twisted WG Cheesy
Breadstick
Marinara Cup

20
Bad Weather Day
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



OFFERED DAILY

AT SUPPER

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

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