

FEBRUARY 2023

K-12 Breakfast and Lunch Menu

Rio Grande Valley

MONDAY

2

6

BREAKFAST
Pancake Sandwich
LUNCH

Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

13

Bad Weather Day
No Classes

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
Breakfast Kolache
LUNCH

Veggie Pizza
Zucchini Bake
Fresh Garden Salad w/ Croutons

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

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

Rio Grande Valley

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
Professional
Development
No Classes

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
Turkey Cubes
Cheese Cubes
Pretzel Bites
Celery Sticks

21
Chili Verde Chicken
Quesadilla
Salsa Cup

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



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