

FEBRUARY 2023

Pre-K Breakfast and Lunch Menu

Rio Grande Valley

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

BREAKFAST
Breakfast Kolache

LUNCH
Veggie Pizza
Zucchini Bake

13

BREAKFAST
Turkey Ham, Egg & Cheddar Croissant

LUNCH
Chicken Teriyaki & Not So Fried Rice
Sautéed 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

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

15

BREAKFAST
Turkey Ham, Egg & Cheddar Croissant

LUNCH
Chicken Teriyaki & Not So Fried Rice
Sautéed 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



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.