

# FEBRUARY 2023

## K-12 Breakfast and Lunch Menu

### San Antonio



#### 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.

#### 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**  
Breakfast Kolache

**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

**24**

**BREAKFAST**  
Banana Nut Muffin Tops

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

# FEBRERO 2023

## K-12 Supper Menu

### San Antonio

#### 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 Saad

8  
Personal Pizza  
Celery Sticks

9  
Cold Ham &  
Cheese Croissant  
Baby Carrots

13  
Corn Dog  
Cherry Tomatoes

14  
Turkey Ham Cubes  
Hummus  
Sunchips  
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  
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 Saad

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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