

FEBRUARY 2023

Pre-K Breakfast and Lunch Menu

Tarrant County

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

6

BREAKFAST
Pancake Sandwich

LUNCH
Cheeseburger or Hamburger
Baked Beans

13

BREAKFAST
Breakfast Kolache

LUNCH
Veggie Pizza
Zucchini Bake

20

Bad Weather Day
No Classes

27

BREAKFAST
Pancake Sandwich

LUNCH
Cheeseburger or Hamburger
Baked Beans

2

7

BREAKFAST
Cereal or Cracker Pack

LUNCH
Burrito Bowl
Cowboy Caviar

14

BREAKFAST
Fresh Fruit Parfait

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

21

BREAKFAST
Warm Biscuit

LUNCH
Chicken Tamales
Cilantro Cabbage Salad

28

BREAKFAST
Cereal or Cereal Cracker Pack

LUNCH
Burrito Bowl
Cowboy Caviar

1

BREAKFAST
Homemade Granola & Vanilla Yogurt
Cup

LUNCH
Creamy Chicken Alfredo w/ Garlic
Breadstick
Parmesan Green Peas

8

BREAKFAST
Cinnamon Bagel

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

15

BREAKFAST
Turkey Ham, Egg & Cheddar Croissant

LUNCH
Chicken Teriyaki & Not So Fried Rice
Sauteed Asian Vegetables

22

BREAKFAST
Homemade Granola & Vanilla
Yogurt Cup

LUNCH
Creamy Chicken Alfredo w/ Garlic
Breadstick
Parmesan Green Peas

29

2

BREAKFAST
Potato, Egg & Cheese Breakfast
Burrito

LUNCH
Crispy Beef Tacos
Refried Beans

9

BREAKFAST
Breakfast Pizza

LUNCH
Spaghetti & Meatballs w/ Garlic
Breadstick
Homemade Marinara Sauce

16

BREAKFAST
Cereal or Cereal Cracker Pack

LUNCH
Turkey Hot Dog w/ Bean Chili
Curly Fries

23

BREAKFAST
Potato, Egg & Cheese Breakfast Burrito

LUNCH
Crispy Beef Tacos
Refried Beans

30

3

BREAKFAST
Cereal or Cereal Cracker Pack

LUNCH
Pepperoni or Cheese Pizza
Fresh Garden Salad w/ Croutons

10

Professional Development
No Classes

17

BREAKFAST
Cocoa Banana Overnight Oats

LUNCH
Steak Fingers or Fish Dippers
Country Style Green Beans

24

BREAKFAST
Cereal or Cereal Cracker Pack

LUNCH
Pepperoni or Cheese Pizza
Fresh Garden Salad w/ Croutons

31



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.