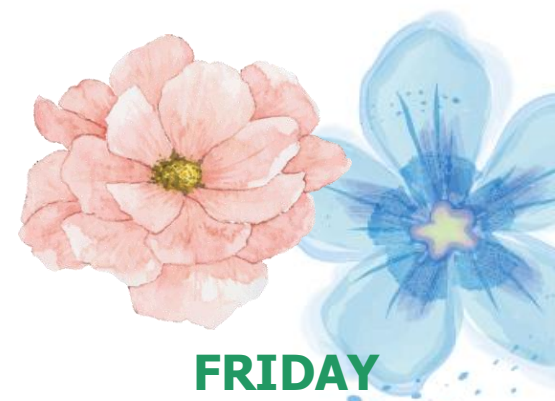


Hello  
Spring

# MARCH 2023

## K-12 Breakfast and Lunch Menu

### Austin



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

**6** **BREAKFAST**  
Breakfast Kolache  
**LUNCH**  
Veggie Pizza  
Zucchini Bake  
Fresh Garden Salad w/ Croutons

**7** **BREAKFAST**  
Fresh Fruit Parfait  
**LUNCH**  
Carne Guisada w/ Warm Wheat Torilla  
Mini Shredded Romaine & Tomato Salad  
Roasted Jalapeno Corn

**8** **BREAKFAST**  
Turkey Ham, Egg & Cheddar Croissant  
**LUNCH**  
Chicken Teriyaki & Not So Fried Rice  
Sauteed Asian Vegetables  
Asian Kale Salad

**9** **BREAKFAST**  
Strawberry or Apple Chia Bar w/ Yogurt  
**LUNCH**  
Turkey Hot Dog  
Bean Chili  
Curly Fries

**10** Professional Development Day  
No Classes

**13** Spring Break

**14** Spring Break

**15** Spring Break

**16** Spring Break

**17** Spring Break

**20** **BREAKFAST**  
Pancake Sandwich  
**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans  
Deluxe Deli Salad

**21** **BREAKFAST**  
Blueberry Muffin Tops  
**LUNCH**  
Burrito Bowl  
Cowboy Caviar  
Shredded Romaine

**22** **BREAKFAST**  
Cinnamon Bagel  
**LUNCH**  
Crispy Baked Chicken w/ Warm Dinner Roll  
Rustic Mashed Potatoes w/ Gravy  
Carrot Craisin Salad

**23** **BREAKFAST**  
Breakfast Pizza  
**LUNCH**  
Spaghetti & Meatballs w/ Garlic Breadstick  
Homemade Marinara Sauce  
Cucumber Ranch Cup

**24** **BREAKFAST**  
Sausage, Egg and Cheese English Muffin  
**LUNCH**  
Crispy Chicken Sandwich or Crispy Fish Sandwich  
Deluxe Deli Salad  
Curly Fries

**27** **BREAKFAST**  
Construction Scone  
**LUNCH**  
Veggie Pizza  
Zucchini Bake  
Fresh Garden Salad w/ Croutons

**28** **BREAKFAST**  
Panoramic Pancake Sandwich  
**LUNCH**  
Carne Guisada w/ Warm Wheat Torilla  
Mini Shredded Romaine & Tomato Salad  
Roasted Jalapeno Corn

**29** **BREAKFAST**  
Turkey Ham, Egg, and Cheddar Croissant  
**LUNCH**  
Bulldozer Breakfast Bowl

**30** **BREAKFAST**  
Farmhouse Chicken & Waffles Sandwich  
**LUNCH**  
Turkey Hot Dog  
Bean Chili  
Curly Fries

**31** **BREAKFAST**  
Excavator Empanadas  
**LUNCH**  
Steak Fingers or Fish Dippers  
Sweet Potato Puffs  
Country Style Green Beans



#### 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.



Hello  
Spring

# MARCH 2023

## K-12<sup>th</sup> SUPPER MENU

### Austin

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

6

Corn Dog  
Cherry Tomatoes

7

Turkey Ham Cubes  
Hummus  
Sunchips

8

Waffle Flatbread  
Hardboiled Egg  
PB Cup  
Celery Sticks

9

Turkey &  
Cheddar Hoagie  
Mini Deli Salad

10

Professional  
Development Day  
No Classes

13

*Spring Break*

14

*Spring Break*

15

*Spring Break*

16

*Spring Break*

17

*Spring Break*

20

Bean &  
Cheese Burrito  
Cucumber

21

Turkey Wrap  
& Hummus Cup  
Mini Deli Sald

22

Personal Pizza  
Celery Sticks

23

Cold Ham  
& Cheese Croissant  
Baby Carrots

24

Mozzarella Pearls  
Turkey Cubes &  
Sunchips  
Cherry Tomatoes

27

Corn Dog  
Cherry Tomatoes

28

Turkey Ham Cubes  
Hummus  
Sunchips

29

Waffle Flatbread  
Hardboiled Egg  
PB Cup  
Celery Sticks

30

Turkey  
& Cheddar Hoagie  
Mini Deli Salad

31

Twisted Cheesy  
Breadstick  
Marinara Cup



#### OFFERED DAILY

#### AT SUPPER

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

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