

Hello
Spring

MARCH 2023

Pre-K Breakfast and Lunch Menu
Houston



MONDAY

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TUESDAY

Blank menu box for Tuesday

WEDNESDAY

1 **BREAKFAST**
Cinnamon Bagel
LUNCH
Crispy Baked Chicken w/ Warm Dinner Roll
Rustic Mashed Potatoes w/ Gravy

THURSDAY

2 **BREAKFAST**
Breakfast Pizza
LUNCH
Spaghetti & Meatballs w/ Garlic Breadstick
Homemade Marinara Sauce

FRIDAY

3 **BREAKFAST**
Sausage, Egg and Cheese English Muffin
LUNCH
Crispy Chicken Sandwich or Crispy Fish Sandwich
Curly Fries

6 **BREAKFAST**
Breakfast Kolache
LUNCH
Veggie Pizza
Zucchini Bake

7 **BREAKFAST**
Fresh Fruit Parfait
LUNCH
Carne Guisada w/ Warm Wheat Tortilla
Mini Shredded Romaine & Tomato Salad

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

9 **BREAKFAST**
Cereal or Cereal Cracker Pack
LUNCH
Turkey Hot Dog w/ 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
Bad Weather Day
No Classes

21 **BREAKFAST**
Pancake Sandwich
LUNCH
Cheeseburger or Hamburger
Baked Beans

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

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

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

27 **BREAKFAST**
Construction Scone
LUNCH
Veggie Pizza
Zucchini Bake

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

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

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

31 **BREAKFAST**
Excavator Empanadas
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.