

Hello
Spring

MARCH 2023

Pre-K Breakfast and Lunch Menu

Rio Grande Valley



MONDAY

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TUESDAY

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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 Torilla
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 **BREAKFAST**
Pancake Sandwich

LUNCH
Cheeseburger or Hamburger
Baked Beans

21 **BREAKFAST**
Cereal or Cereal Cracker Pack

LUNCH
Burrito Bowl
Cowboy Caviar

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**
Teamwork Tamales

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.