

Hello  
Spring

# MARCH 2023

## K-12 Breakfast and Lunch Menu

### Tarrant County



#### MONDAY

**6**

**BREAKFAST**  
Breakfast Kolache

**LUNCH**  
Veggie Pizza  
Zucchini Bake  
Fresh Garden Salad w/ Croutons

#### TUESDAY

**7**

**BREAKFAST**  
Fresh Fruit Parfait

**LUNCH**  
Carne Guisada w/ Warm Wheat Torilla  
Mini Shredded Romaine & Tomato Salad  
Roasted Jalapeno Corn

#### WEDNESDAY

**1**

**BREAKFAST**  
Cinnamon Bagel

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

#### THURSDAY

**2**

**BREAKFAST**  
Breakfast Pizza

**LUNCH**  
Spaghetti & Meatballs w/ Garlic Breadstick  
Homemade Marinara Sauce  
Cucumber Ranch Cup

#### FRIDAY

**3**

**BREAKFAST**  
Sausage, Egg and Cheese English Muffin

**LUNCH**  
Crispy Chicken Sandwich or Crispy Fish Sandwich  
Deluxe Deli Salad  
Curly Fries

**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.

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# MARCH 2023 K-12<sup>th</sup> SUPPER MENU Tarrant County



## MONDAY

Blank menu box for Monday.

## TUESDAY

Blank menu box for Tuesday.

## WEDNESDAY

**1**  
Personal Pizza  
Celery Sticks

## THURSDAY

**2**  
Cold Ham  
& Cheese Croissant  
Baby Carrots

## FRIDAY

**3**  
Mozzarella Pearls  
Turkey Cubes &  
Sunchips  
Cherry Tomatoes

**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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