

MAY 2023

Pre-K Breakfast and Lunch Menu

Houston



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.

MONDAY

1	BREAKFAST	Pancake Sandwich
	LUNCH	Cheeseburger or Hamburger Baked Beans
8	BREAKFAST	Breakfast Kolache
	LUNCH	Veggie Pizza Zucchini Bake
15	BREAKFAST	Warm Biscuit
	LUNCH	Chicken Tamales Cilantro Cabbage Salad
22	BREAKFAST	Pancake Sandwich
	LUNCH	Cheeseburger or Hamburger Baked Beans
29		

TUESDAY

2	BREAKFAST	Cereal or Cereal Cracker Pack
	LUNCH	Burrito Bowl Cowboy Caviar
9	BREAKFAST	Fresh Fruit Parfait
	LUNCH	Carne Guisada w/ Wheat Tortilla Mini Shredded Romaine & Tomato Salad
16	BREAKFAST	Snack N' Waffles
	LUNCH	Turkey Club Sub Veggie Quinoa Soup
23	BREAKFAST	Cereal or Cereal Cracker Pack
	LUNCH	Burrito Bowl Cowboy Caviar
30		

WEDNESDAY

3	BREAKFAST	Cinnamon Bagel
	LUNCH	Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy
10	BREAKFAST	Turkey Ham, Egg & Cheddar Croissant
	LUNCH	Chicken Teriyaki & Not So Fried Rice Sauteed Asian Vegetables
17	BREAKFAST	Homemade Granola & Yogurt Cup
	LUNCH	Creamy Chicken Alfredo w/ Garlic Breadstick
24	BREAKFAST	Cinnamon Bagel
	LUNCH	Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy
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THURSDAY

4	BREAKFAST	Breakfast Pizza
	LUNCH	Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce
11	BREAKFAST	Cereal or Cereal Cracker Pack
	LUNCH	Turkey Hot Dog w/ Bean Chili Curly Fries
18	BREAKFAST	Potato, Egg & Cheese Breakfast Burrito
	LUNCH	Crispy Beef Tacos Refried Beans
25		No Class

FRIDAY

5	BREAKFAST	Sausage, Egg and Cheese English Muffin
	LUNCH	Crispy Chicken Sandwich or Crispy Fish Sandwich Curly Fries
12	BREAKFAST	Cocoa Banana Overnight Oats
	LUNCH	Steak Fingers or Fish Dippers Country Style Green Beans
19	BREAKFAST	Cereal or Cereal Cracker Pack
	LUNCH	Cheese or Pepperoni Pizza Fresh Garden Salad w/ Croutons
26		No Class