

# MAY 2023

## K-12 Breakfast and Lunch Menu

### Permian Basin



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<b>1</b>	<b>BREAKFAST</b> Pancake Sandwich	<b>2</b>	<b>BREAKFAST</b> Blueberry Muffin Tops	<b>3</b>	<b>BREAKFAST</b> Cinnamon Bagel	<b>4</b>	<b>BREAKFAST</b> Breakfast Pizza	<b>5</b>	<b>BREAKFAST</b> Sausage, Egg and Cheese English Muffin
	<b>LUNCH</b> Cheeseburger or Hamburger Baked Beans Deluxe Deli Salad		<b>LUNCH</b> Burrito Bowl Cowboy Caviar Shredded Romaine		<b>LUNCH</b> Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy Carrot Craisin Salad		<b>LUNCH</b> Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce Cucumber Ranch Cup		<b>LUNCH</b> Crispy Chicken Sandwich or Crispy Fish Sandwich Curly Fries Deluxe Deli Salad
<b>8</b>	<b>BREAKFAST</b> Breakfast Kolache	<b>9</b>	<b>BREAKFAST</b> Fresh Fruit Parfait	<b>10</b>	<b>BREAKFAST</b> Turkey Ham, Egg & Cheddar Croissant	<b>11</b>	<b>BREAKFAST</b> Strawberry or Apple Chi Bar & Greek Yogurt	<b>12</b>	<b>BREAKFAST</b> Cocoa Banana Overnight Oats
	<b>LUNCH</b> Veggie Pizza Zucchini Bake Fresh Garden Salad w/ Croutons		<b>LUNCH</b> Carne Guisada w/ Wheat Tortilla Mini Romaine & Tomato Salad Roasted Jalapeno Corn		<b>LUNCH</b> Chicken Teriyaki & Not So Fried Rice Sautéed Asian Vegetables Asian Kale Salad		<b>LUNCH</b> Turkey Hot Dog Bean Chili Curly Fries		<b>LUNCH</b> Steak Fingers or Fish Dippers Country Style Green Beans Sweet Potato Puffs
<b>15</b>	<b>BREAKFAST</b> Warm Biscuit	<b>16</b>	<b>BREAKFAST</b> Snack N' Waffles	<b>17</b>	<b>BREAKFAST</b> Homemade Granola & Yogurt Cup	<b>18</b>	<b>BREAKFAST</b> Potato, Egg & Cheese Breakfast Burrito	<b>19</b>	<b>BREAKFAST</b> Banana Nut Muffin
	<b>LUNCH</b> Chicken Tamales Cilantro Cabbage Salad Pico De Gallo		<b>LUNCH</b> Turkey Club Sub Veggie Quinoa Soup Deluxe Deli Salad		<b>LUNCH</b> Creamy Chicken Alfredo w/ Garlic Breadstick Roasted Veggies Parmesan Green Peas		<b>LUNCH</b> Crispy Beef Tacos Refried Beans Shredded Romaine & Tomato Salad		<b>LUNCH</b> Cheese or Pepperoni Pizza Fresh Garden Salad w/Croutons Crumbly Ranch Cauliflower w/ Buffalo Sauce
<b>22</b>	<b>BREAKFAST</b> Pancake Sandwich	<b>23</b>	<b>BREAKFAST</b> Blueberry Muffin Tops	<b>24</b>	<b>BREAKFAST</b> Cinnamon Bagel	<b>25</b>	<b>BREAKFAST</b> Breakfast Pizza	<b>26</b>	<b>No Class</b>
	<b>LUNCH</b> Cheeseburger or Hamburger Baked Beans Deluxe Deli Salad		<b>LUNCH</b> Burrito Bowl Cowboy Caviar Shredded Romaine		<b>LUNCH</b> Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy Carrot Craisin Salad		<b>LUNCH</b> Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce Cucumber Ranch Cup		
<b>29</b>		<b>30</b>		<b>31</b>					

#### 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.

# MAY 2023

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

### Permian Basin



#### OFFERED DAILY



#### AT SUPPER

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bean & Cheese Burrito Cucumber	2 Turkey Wrap Hummus Cup Mini Deli Salad	3 Personal Pizza Celery Sticks	4 Cold Ham & Cheese Croissant Baby Carrots	5 Mozzarella Pearls Turkey Cubes Sunchips Cherry Tomatoes
8 Corn Dog Cherry Tomatoes	9 Turkey Ham Cubes Hummus Sunchips Baby Carrots	10 Waffle Flatbread Hardboiled Egg PB Cup	11 Turkey & Cheddar Hoagie Mini Deli Salad	12 Twisted WG Cheesy Breadstick Marinara Cup
15 Turkey Cubes Cheese Cubes Pretzel Bites Celery Sticks	16 Chili Verde Chicken Quesadilla Salsa Cup	17 Chicken Sliders Mini Deli Salad	18 Flatbread Shredded Mozzarella Pepperoni Marinara Cup	19 Mac & Cheese w/ Broccoli Cherry Tomatoes
22 Bean & Cheese Burrito Cucumber	23 Turkey Wrap Hummus Cup Mini Deli Salad	24 Personal Pizza Celery Sticks	25 Cold Ham & Cheese Croissant Baby Carrots	26 No Class
29	30	31		