

MAY 2023

K-12 Breakfast and Lunch Menu

Rio Grande Valley



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	BREAKFAST Pancake Sandwich	2	BREAKFAST Blueberry Muffin Tops	3	BREAKFAST Cinnamon Bagel	4	BREAKFAST Breakfast Pizza	5	BREAKFAST Sausage, Egg and Cheese English Muffin
	LUNCH Cheeseburger or Hamburger Baked Beans Deluxe Deli Salad		LUNCH Burrito Bowl Cowboy Caviar Shredded Romaine		LUNCH Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy Carrot Craisin Salad		LUNCH Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce Cucumber Ranch Cup		LUNCH Crispy Chicken Sandwich or Crispy Fish Sandwich Curly Fries Deluxe Deli Salad
8	BREAKFAST Breakfast Kolache	9	BREAKFAST Fresh Fruit Parfait	10	BREAKFAST Turkey Ham, Egg & Cheddar Croissant	11	BREAKFAST Strawberry or Apple Chi Bar & Greek Yogurt	12	BREAKFAST Cocoa Banana Overnight Oats
	LUNCH Veggie Pizza Zucchini Bake Fresh Garden Salad w/ Croutons		LUNCH Carne Guisada w/ Wheat Tortilla Mini Romaine & Tomato Salad Roasted Jalapeno Corn		LUNCH Chicken Teriyaki & Not So Fried Rice Sauteed Asian Vegetables Asian Kale Salad		LUNCH Turkey Hot Dog Bean Chili Curly Fries		LUNCH Steak Fingers or Fish Dippers Country Style Green Beans Sweet Potato Puffs
15	BREAKFAST Warm Biscuit	16	BREAKFAST Snack N' Waffles	17	BREAKFAST Homemade Granola & Yogurt Cup	18	BREAKFAST Potato, Egg & Cheese Breakfast Burrito	19	BREAKFAST Banana Nut Muffin
	LUNCH Chicken Tamales Cilantro Cabbage Salad Pico De Gallo		LUNCH Turkey Club Sub Veggie Quinoa Soup Deluxe Deli Salad		LUNCH Creamy Chicken Alfredo w/ Garlic Breadstick Roasted Veggies Parmesan Green Peas		LUNCH Crispy Beef Tacos Refried Beans Shredded Romaine & Tomato Salad		LUNCH Cheese or Pepperoni Pizza Fresh Garden Salad w/Croutons Crumbly Ranch Cauliflower w/ Buffalo Sauce
22	BREAKFAST Pancake Sandwich	23	BREAKFAST Blueberry Muffin Tops	24	BREAKFAST Cinnamon Bagel	25	BREAKFAST Breakfast Pizza	26	BREAKFAST Sausage, Egg and Cheese English Muffin
	LUNCH Cheeseburger or Hamburger Baked Beans Deluxe Deli Salad		LUNCH Burrito Bowl Cowboy Caviar Shredded Romaine		LUNCH Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy Carrot Craisin Salad		LUNCH Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce Cucumber Ranch Cup		LUNCH Crispy Chicken Sandwich or Crispy Fish Sandwich Curly Fries Deluxe Deli Salad
29		30		31					



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-12th SUPER MENU

Rio Grande Valley



OFFERED DAILY



AT SUPPER

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



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MONDAY

1 Bean & Cheese Burrito
Cucumber

8 Corn Dog
Cherry Tomatoes

15 Turkey Cubes
Cheese Cubes
Pretzel Bites
Celery Sticks

22 Bean & Cheese Burrito
Cucumber

29

TUESDAY

2 Turkey Wrap
Hummus Cup
Mini Deli Salad

9 Turkey Ham Cubes
Hummus
Sunchips
Baby Carrots

16 Chili Verde
Chicken Quesadilla
Salsa Cup

23 Turkey Wrap
Hummus Cup
Mini Deli Salad

30

WEDNESDAY

3 Personal Pizza
Celery Sticks

10 Waffle Flatbread
Hardboiled Egg
PB Cup

17 Chicken Sliders
Mini Deli Salad

24 Personal Pizza
Celery Sticks

31

THURSDAY

4 Cold Ham &
Cheese Croissant
Baby Carrots

11 Turkey & Cheddar Hoagie
Mini Deli Salad

18 Flatbread
Shredded Mozzarella
Pepperoni
Marinara Cup

25 Cold Ham &
Cheese Croissant
Baby Carrots

FRIDAY

5 Mozzarella Pearls
Turkey Cubes
Sunchips
Cherry Tomatoes

12 Twisted WG
Cheesy Breadstick
Marinara Cup

19 Mac & Cheese w/ Broccoli
Cherry Tomatoes

26 Mozzarella Pearls
Turkey Cubes
Sunchips
Cherry Tomatoes