



# K-12 Breakfast and Lunch Menu



Offered Daily

At Breakfast

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- 100% Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

At Lunch

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

## Notice About Menu Changes:

Although we strive to serve the scheduled menu, the menu may change without prior notice based on product availability

This institution is an equal opportunity provider.

MONDAY

TUESDAY

HOUSTON  
WEDNESDAY

THURSDAY

FRIDAY

4

BREAKFAST

Bean & Cheese Tamales

LUNCH

Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich  
Deluxe Deli Salad  
Parmesan Carrot Fries

5

BREAKFAST

Bacon, Egg & Cheese Pancake Sandwich

LUNCH

Turkey Hot Dog  
Bean Chili  
Curly Fries

6

BREAKFAST

Gingerbread Muffin Tops

LUNCH

BBQ Chicken Drumstick  
Warm Dinner Roll  
Baked Beans  
Red Skin Potato Salad

7

BREAKFAST

Breakfast Pizza

LUNCH

Beef Nachos or Plant Protein Nachos  
Mini Shredded Romaine Tomato Salad  
Refried Beans

8

BREAKFAST

Canadian Ham Breakfast Sandwich

LUNCH

Cheese Pizza or Pepperoni Pizza  
Caesar Salad  
Crumbly Ranch Cauliflower with Buffalo Sauce

11

BREAKFAST

Snack'n Waffles

LUNCH

Crispy Baked Chicken  
Warm Dinner Roll  
Coleslaw  
Rustic Mashed Potatoes w/Gravy

12

BREAKFAST

Potato, Egg & Cheese Burrito

LUNCH

Holiday Meal

13

BREAKFAST

Plain Bagel

LUNCH

Meatball Sub  
Homemade Marinara Sauce  
Zesty Lemon Broccoli

14

BREAKFAST

Big Breakfast Kolache

LUNCH

Shredded Chicken Burrito Bowl  
Warm Flour Tortillas  
Black Bean & Corn Sauté  
Mini Shredded Romaine Tomato Salad

15

BREAKFAST

Chicken and Waffle Sandwich

LUNCH

Fish Dippers or Steak Fingers  
Warm Dinner Roll  
Country Style Green Beans  
Sweet Potato Waffle Fries

18

BREAKFAST

Gingerbread Texas

LUNCH

Beefsteak Cheeseburger or Beefsteak Hamburger  
Curly Fries  
Deluxe Deli Salad

19

BREAKFAST

Sausage Biscuit  
Warm Biscuits

LUNCH

Creamy Chicken Alfredo w/Garlic Breadstick  
Parmesan Green Peas  
Seasoned Carrots

20

BREAKFAST

Warm Brown Sugar Pecan Oatmeal & Cracker Coins

LUNCH

Cubano Sandwich  
Creamy Cucumber Salad  
Sweet Potato Waffle Fries

21

BREAKFAST

Turkey Ham, Egg and Cheddar Croissant

LUNCH

Beefy Bean Chili  
Cornbread  
Baked Potatoes  
Veggie Ranch Cup

22

HOLIDAY

25

26

27

28

29





IDEA  
Public Schools

## Supper Menu

HOUSTON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Offered Daily at  
Supper

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

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				1 Twisted WG Cheesy Breadstick Marinara Dipping Sauce
4 Turkey Cubes, Cheese Cubes,& Pretzel Bites Celery Sticks	5 Creamy Mac & Cheese Cherry Tomatoes	6 Chicken Dippers Fresh Baby Carrots	7 Pumpkin Parfait Cucumber Slices	8 Philly Cheesesteak Pinwheel Broccoli Florets
11 Cheddar Chex Mix, Turkey Pepperoni, Mozzarella Pearls Cherry Tomatoes	12 Cold Ham and Cheese Croissant Mini Deli Salad	13 Bean and Cheese Burrito Cucumber Slices	14 Personal Pizza Marinara Dipping Sauce	15 Turkey Ham Cubes, Hummus & Sunchips Celery Sticks
18 Corn Dog Cherry Tomatoes	19 Pizza S'wich Marinara Dipping Sauce	20 Pancake Sandwich & Cheese Stick Celery Sticks w/ PB Cup	21 Turkey & Cheddar Hoagie Mini Deli Salad	22 HOLIDAY
25	26	27	28	29



Winter Break

