



K-12 Breakfast and Lunch Menu

RIO GRANDE VALLEY

MONDAY

TUESDAY

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

Mesquite Chicken Drumstick
Corn Tortillas
Lentils Charros
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

19

20

21

22

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29

❄️🔔🍷🧤🧊❄️ Winter Break ❄️🌲❄️🎄❄️🦌❄️

❄️🔔🍷🧤🧊❄️ Winter Break ❄️🌲❄️🎄❄️🦌❄️

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.



IDEA
Public Schools



Offered Daily at
Supper

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

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Supper Menu

RIO GRANDE VALLEY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

19

20

21

22



Winter Break



25

26

27

28

29



Winter Break

