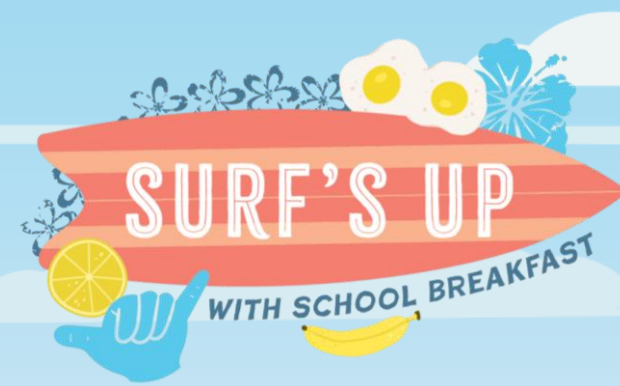


# MARCH

## K-12 Breakfast and Lunch Menu



Houston

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?  
Breakfast and Lunch  
is FREE for ALL IDEA  
Students

CELEBRATE  
NATIONAL SCHOOL BREAKFAST WEEK  
MARCH 4-8

1 **BREAKFAST**  
Turkey Ham and Cheddar Breakfast Croissant  
  
**LUNCH**  
Beef Nachos or Plant Protein Nachos  
Mini Shredded Romaine Tomato Salad  
Refried Beans

4 **BREAKFAST**  
Snack'n Waffles  
  
**LUNCH**  
Crispy Baked Chicken  
Warm Dinner Roll  
Homestyle Mustard Greens  
Rustic Mashed Potatoes w/Gravy

5 **BREAKFAST**  
Surf's Up Smoothie Bowl  
  
**LUNCH**  
Charro Beans  
Spiced Sweet Potato

6 **BREAKFAST**  
Arroz con Leche  
(Sweet Rice Pudding)  
  
**LUNCH**  
Eggs & Greens & Ham w/  
French Toast Sticks  
Warm Cinnamon Oatmeal  
Potato Smiles  
Roasted Cherry Tomatoes

7 **BREAKFAST**  
Pig in a Blanket  
  
**LUNCH**  
Creamy Chicken Alfredo w/Garlic Breadstick  
Pesto Cauliflower  
Seasoned Carrots

8  
**NO SCHOOL**

11  
**NO SCHOOL**

12  
**NO SCHOOL**

13  
**NO SCHOOL**

14  
**NO SCHOOL**

15  
**NO SCHOOL**

18 **BREAKFAST**  
Bagel Breakfast Pizza  
  
**LUNCH**  
Crispy Chicken Sandwich or Crispy Fish  
Sandwich or Spicy Crispy Chicken Sandwich  
Crinkle Cut Fries  
Deluxe Deli Salad

19 **BREAKFAST**  
Chorizo, Potato & Bean Burrito  
  
**LUNCH**  
Mesquite Chicken Drumstick  
Corn Tortillas  
Lentils Charros  
Red Skin Potato Salad

20 **BREAKFAST**  
Peaches & Cream Overnight Oats  
  
**LUNCH**  
Meatball Sub  
Homemade Marinara Sauce  
Veggie Ranch Cup

21 **BREAKFAST**  
Pancake On a Stick  
  
**LUNCH**  
Island Blossom Chicken Bowl  
Sesame Cucumber  
Umami Broccoli

22 **BREAKFAST**  
Turkey Ham and Cheddar Breakfast  
Croissant  
  
**LUNCH**  
Beef Nachos or Plant Protein Nachos  
Mini Shredded Romaine Tomato Salad  
Refried Beans

25 **BREAKFAST**  
Snack'n Waffles  
  
**LUNCH**  
Crispy Baked Chicken  
Warm Dinner Roll  
Homestyle Mustard Greens  
Rustic Mashed Potatoes w/Gravy

26 **BREAKFAST**  
Cheesy Ham & Egg Bars w/Waffle Flatbread  
  
**LUNCH**  
Charro Beans  
Spiced Sweet Potato

27 **BREAKFAST**  
Sausage Biscuit  
Warm Biscuits  
  
**LUNCH**  
Shredded BBQ Pork Sandwich  
Roasted Root Vegetables  
Tangy Vinegar Slaw

28 **BREAKFAST**  
Ham & Cheese Omelet Pocket  
  
**LUNCH**  
Creamy Chicken Alfredo w/Garlic Breadstick  
Pesto Cauliflower  
Seasoned Carrots

29  
**NO SCHOOL**



Offered Daily

At Breakfast

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

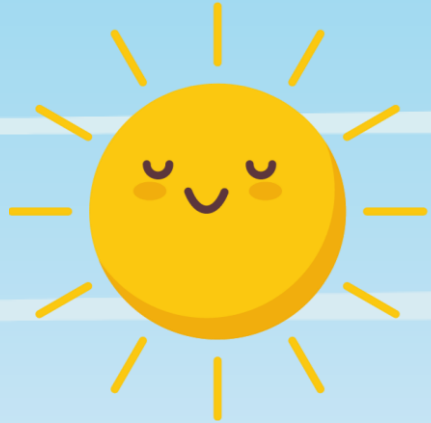
At Lunch

- 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

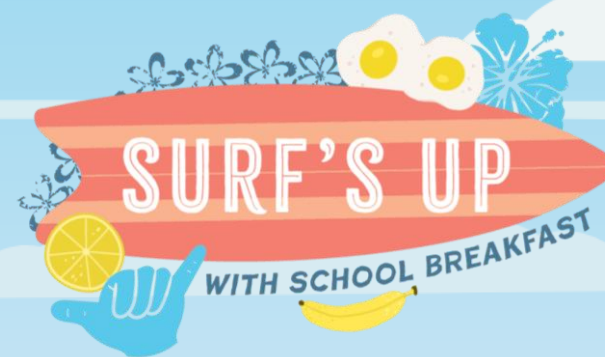
This institution is an equal  
opportunity provider.



# MARCH

## Supper Menu

Houston



Offered Daily at  
Supper

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

### 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

### WEDNESDAY

### THURSDAY

### FRIDAY

Did you know?  
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Students

NATIONAL SCHOOL BREAKFAST WEEK

CELEBRATE

MARCH 4-8

1

Cheeseburger S'wich  
Celery Sticks

4  
Cheddar Chex Mix, Bold Bites & Cheese  
Cubes  
Cherry Tomatoes

5

Fresh Fruit & Yogurt Parfait  
Cucumber Slices

6

Chicken Tamales  
Salsa Cup

7

Personal Pizza  
Marinara Dipping Sauce

8

NO  
SCHOOL

11

NO  
SCHOOL

12

NO  
SCHOOL

13

NO  
SCHOOL

14

NO  
SCHOOL

15

NO  
SCHOOL

18

Pretzel Bites, Turkey Cubes, &  
Cheese Dip  
Baby Carrots, 3oz

19

Mozzarella Sticks  
Marinara Dipping Sauce

20

Chicken Dippers  
Cucumber Slices

21

Classic Chicken Salad Croissant  
Mini Deli Salad

22

Cheeseburger S'wich  
Celery Sticks

25

Cheddar Chex Mix, Bold Bites &  
Cheese Cubes  
Cherry Tomatoes

26

Fresh Fruit & Yogurt Parfait  
Cucumber Slices

27

Chicken Tamales  
Salsa Cup

28

Personal Pizza  
Marinara Dipping Sauce

29

NO  
SCHOOL