

February

K-12 Breakfast and Lunch Menu

Houston

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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 availability,

This institution is an equal opportunity provider.

1

BREAKFAST

Sausage & Cheese English Muffin

LUNCH

Sloppy Joe
Baked Chips
Carrot Craisin Salad
Gamer Garbanzos

2

BREAKFAST

Plain Bagel

LUNCH

Cheese Pizza or Pepperoni Pizza
Breaded Zucchini Chunks
Tiny Tomato Salad

5

BREAKFAST

Bagel Breakfast Pizza

LUNCH

Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich
Crinkle Cut Fries
Deluxe Deli Salad

6

BREAKFAST

Chorizo, Potato & Bean Burrito

LUNCH

Mesquite Chicken Drumstick
Corn Tortillas
Lentils Charros
Red Skin Potato Salad

7

BREAKFAST

Peaches & Cream Overnight Oats

LUNCH

Meatball Sub
Homemade Marinara Sauce
Veggie Ranch Cup

8

BREAKFAST

Pancake On a Stick

LUNCH

Island Blossom Chicken Bowl
Sesame Cucumber
Umami Broccoli

9

No School

12

BREAKFAST

Snack'n Waffles

LUNCH

Crispy Baked Chicken
Warm Dinner Roll
Homestyle Mustard Greens
Rustic Mashed Potatoes w/Gravy

13

BREAKFAST

Cheesy Ham & Egg Bars w/Waffle Flatbread

LUNCH

Mesquite Chicken
Corn Tortillas
Charro Beans
Spiced Sweet Potato

14

BREAKFAST

Sausage Biscuit or Warm Biscuits

LUNCH

Shredded BBQ Pork Sandwich
Roasted Root Vegetables
Tangy Vinegar Slaw

15

BREAKFAST

Ham & Cheese Omelet Pocket

LUNCH

Creamy Chicken Alfredo w/Garlic Breadstick
Pesto Cauliflower
Seasoned Carrots

16

BREAKFAST

Chicken and Waffle Sandwich

LUNCH

Beefsteak Cheeseburger or Beefsteak Hamburger
Curly Fries
Deluxe Deli Salad

19

No School

20

Cinni-Minis

LUNCH

Fish Dippers or Popcorn Chicken
Warm Dinner Roll
Crinkle Cut Fries
Fresh Garden Salad

21

BREAKFAST

Big Breakfast Kolache

LUNCH

Chicken Fajita Bowl
Warm Flour Tortilla
Mini Shredded Romaine Tomato Salad

22

BREAKFAST

Sausage & Cheese English Muffin

LUNCH

Sloppy Joe
Baked Chips
Carrot Craisin Salad
Gamer Garbanzos

23

BREAKFAST

Plain Bagel

LUNCH

Cheese Pizza or Pepperoni Pizza
Breaded Zucchini Chunks
Tiny Tomato Salad

26

BREAKFAST

Bagel Breakfast Pizza

LUNCH

Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich
Crinkle Cut Fries
Deluxe Deli Salad

27

BREAKFAST

Chorizo, Potato & Bean Burrito

LUNCH

Mesquite Chicken Drumstick
Corn Tortillas
Lentils Charros
Red Skin Potato Salad

28

BREAKFAST

Peaches & Cream Overnight Oats

LUNCH

Meatball Sub
Homemade Marinara Sauce
Veggie Ranch Cup

29

BREAKFAST

Pancake On a Stick

LUNCH

Island Blossom Chicken Bowl
Sesame Cucumber
Umami Broccoli

February

Supper Menu

Houston

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Bean & Two Cheese Dip w/ Tostitos
Salsa Cup

2
Chicken Empanada
Mini Shredded Romaine Tomato Salad

5
Pretzel Bites, Turkey Cubes, & Cheese
Dip

6
Mozzarella Sticks
Marinara Dipping Sauce

7
Chicken Dippers
Cucumber Slices

8
Classic Chicken Salad Croissant
Mini Deli Salad

9
**No
School**

12
Cheddar Chex Mix, Bold Bites &
Cheese Cubes
Cherry Tomatoes

13
Fresh Fruit & Yogurt Parfait
Cucumber Slices

14
Chicken Tamales
Salsa Cup

15
Personal Pizza
Marinara Dipping Sauce

16
Turkey Ham Cubes, Hummus &
Sunchips
Celery Sticks

19
**No
School**

20
Turkey Hot Dog
Ranch Style Beans

21
Chicken Eggrolls
Cucumber Slices

22
Bean & Two Cheese Dip w/ Tostitos
Salsa Cup

23
Chicken Empanada
Mini Shredded Romaine Tomato
Salad

26
Pretzel Bites, Turkey Cubes, &
Cheese Dip

27
Mozzarella Sticks
Marinara Dipping Sauce

28
Chicken Dippers
Cucumber Slices

29
Classic Chicken Salad Croissant
Mini Deli Salad



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- Whole Grains

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