

# APRIL

## K-12 BREAKFAST AND LUNCH MENU Houston



### 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.

### MONDAY

**1**  
**BREAKFAST**  
Cinni Minis

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

### TUESDAY

**2**  
**BREAKFAST**  
Bacon, Egg & Cheese Pancake Sandwich

**LUNCH**  
Salisbury Steak w/Mushroom Gravy  
Warm Dinner Roll  
Country Style Green Beans  
Creamy Cauliflower Mash

### WEDNESDAY

**3**  
**BREAKFAST**  
Big Breakfast Kolache

**LUNCH**  
Chicken Fajita Bowl  
Warm Flour Tortilla  
Mini Shredded Romaine Tomato Salad  
Street Corn

### THURSDAY

**4**  
**BREAKFAST**  
Sausage & Cheese English Muffin

**LUNCH**  
Sloppy Joe  
Baked Chips  
Carrot Craisin Salad  
Gamer Garbanzos

### FRIDAY

**5**  
**BREAKFAST**  
Plain Bagel

**LUNCH**  
Cheese Pizza or Pepperoni Pizza  
Breaded Zucchini Chunks  
Tiny Tomato Salad

**8**  
**BREAKFAST**  
Bagel Breakfast Pizza

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

**9**  
**BREAKFAST**  
Chorizo, Potato & Bean Burrito

**LUNCH**  
Mesquite Chicken Drumstick  
Corn Tortillas  
Lentils Charros  
Red Skin Potato Salad

**10**  
**BREAKFAST**  
Peaches & Cream Overnight Oats

**LUNCH**  
Meatball Sub  
Homemade Marinara Sauce  
Veggie Ranch Cup

**11**  
**BREAKFAST**  
Pancake On a Stick

**LUNCH**  
Island Blossom Chicken Bowl  
Sesame Cucumber  
Umami Broccoli

**12**  
**BREAKFAST**  
Turkey Ham and Cheddar Breakfast Croissant

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

**15**  
**BREAKFAST**  
Snack'n Waffles

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

**16**  
**BREAKFAST**  
Cheesy Ham & Egg Bars w/Waffle Flatbread

**LUNCH**  
Enchilada Foldovers  
Charro Beans  
Spiced Sweet Potato

**17**  
**BREAKFAST**  
Sausage Biscuit  
Warm Biscuits

**LUNCH**  
Shredded BBQ Pork Sandwich  
Roasted Root Vegetables  
Tangy Vinegar Slaw

**18**  
**BREAKFAST**  
Ham & Cheese Omelet Pocket

**LUNCH**  
Creamy Chicken Alfredo w/Garlic Breadstick  
Pesto Cauliflower  
Seasoned Carrots

**19**  
**BREAKFAST**  
Chicken and Waffle Sandwich

**LUNCH**  
Beefsteak Cheeseburger or Beefsteak  
Hamburger  
Curly Fries  
Deluxe Deli Salad

**22**  
**BREAKFAST**  
Cinni Minis

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

**23**  
**BREAKFAST**  
Bacon, Egg & Cheese Pancake Sandwich

**LUNCH**  
Salisbury Steak w/Mushroom Gravy  
Warm Dinner Roll  
Country Style Green Beans  
Creamy Cauliflower Mash

**24**  
**BREAKFAST**  
Big Breakfast Kolache

**LUNCH**  
Chicken Fajita Bowl  
Warm Flour Tortilla  
Mini Shredded Romaine Tomato Salad  
Street Corn

**25**  
**BREAKFAST**  
Sausage & Cheese English Muffin

**LUNCH**  
Sloppy Joe  
Baked Chips  
Carrot Craisin Salad  
Gamer Garbanzos

**26**  
**BREAKFAST**  
Plain Bagel

**LUNCH**  
Cheese Pizza or Pepperoni Pizza  
Breaded Zucchini Chunks  
Tiny Tomato Salad

**29**  
**NO SCHOOL**

**30**  
**BREAKFAST**  
Bagel Breakfast Pizza

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

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

# APRIL

## SUPER MENU Houston

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Turkey Hot Dog  
Ranch Style Beans

2

Pizzaboli  
Marinara Dipping Sauce

3

Chicken Eggrolls  
Cucumber Slices

4

Bean & Two Cheese Dip w/ Tostitos  
Salsa Cup

5

Chicken Empanada  
Mini Shredded Romaine Tomato Salad

8

Pretzel Bites, Turkey Cubes, & Cheese  
Dip  
Baby Carrots

9

Mozzarella Sticks  
Marinara Dipping Sauce

10

Chicken Dippers  
Cucumber Slices

11

Classic Chicken Salad Croissant  
Mini Deli Salad

12

Cheeseburger S'wich  
Celery Sticks

15

Cheddar Chex Mix, Bold Bites &  
Cheese Cubes  
Cherry Tomatoes

16

Fresh Fruit & Yogurt Parfait  
Cucumber Slices

17

Chicken Tamales  
Salsa Cup

18

Personal Pizza  
Marinara Dipping Sauce

19

Turkey Ham Cubes, Hummus &  
Sunchips  
Celery Sticks

22

Turkey Hot Dog  
Ranch Style Beans

23

Pizzaboli  
Marinara Dipping Sauce

24

Chicken Eggrolls  
Cucumber Slices

25

Bean & Two Cheese Dip w/ Tostitos  
Salsa Cup

26

Chicken Empanada  
Mini Shredded Romaine Tomato  
Salad

29

**NO  
SCHOOL**

30

Pretzel Bites, Turkey Cubes, &  
Cheese Dip  
Baby Carrots

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



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.