

APRIL

K-12 BREAKFAST AND LUNCH MENU Rio Grande Valley

MONDAY

**NO
SCHOOL**

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.

2 BREAKFAST
Cinni Minis
LUNCH
Fish Dippers or Popcorn Chicken Bites
Warm Dinner Roll
Crinkle Cut Fries
Fresh Garden Salad

3 BREAKFAST
Big Breakfast Kolache
LUNCH
Chicken Fajita Bowl
Warm Flour Tortilla
Mini Shredded Romaine Tomato Salad
Street Corn

4 BREAKFAST
Sausage & Cheese English Muffin
LUNCH
Sloppy Joe
Baked Chips
Carrot Craisin Salad
Gamer Garbanzos

5 BREAKFAST
Plain Bagel
LUNCH
Cheese Pizza or Pepperoni Pizza
Breaded Zucchini Chunks
Tiny Tomato 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

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 Pork Torta
Guacamole
Mini Shredded Romaine Tomato Salad

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

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

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

29 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 Rio Grande Valley

MONDAY

**NO
SCHOOL**

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Turkey Hot Dog
Ranch Style Beans

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
Pretzel Bites, Turkey Cubes, &
Cheese Dip
Baby Carrots

30
Mozzarella Sticks
Marinara Dipping Sauce

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Supper

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

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