

APRIL

K-12 BREAKFAST AND LUNCH MENU Tarrant County



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

NO SCHOOL

TUESDAY

2 BREAKFAST
Cinni Minis

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

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

1

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 BREAKFAST
Bagel Breakfast Pizza

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

30 BREAKFAST
Chorizo, Potato & Bean Burrito

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

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

APRIL

SUPER MENU Tarrant County

MONDAY

**NO
SCHOOL**

TUESDAY

Turkey Hot Dog
Ranch Style Beans

WEDNESDAY

Chicken Eggrolls
Cucumber Slices

THURSDAY

Bean & Two Cheese Dip w/ Tostitos
Salsa Cup

FRIDAY

Chicken Empanada
Mini Shredded Romaine Tomato Salad

1

2

3

4

5

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

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

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