

# MAY

## K-12 BREAKFAST AND LUNCH MENU

### HOUSTON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### Did you know?

Breakfast and Lunch is FREE for ALL IDEA Students

		<p><b>1 BREAKFAST</b> Peaches &amp; Cream Overnight Oats</p> <p><b>LUNCH</b> Meatball Sub Homemade Marinara Sauce Veggie Ranch Cup</p>	<p><b>2 BREAKFAST</b> Pancake On a Stick</p> <p><b>LUNCH</b> Island Blossom Chicken Bowl Sesame Cucumber Umami Broccoli</p>	<p><b>3 BREAKFAST</b> Turkey Ham and Cheddar Breakfast Croissant</p> <p><b>LUNCH</b> Beef Nachos or Plant Protein Nachos Mini Shredded Romaine Tomato Salad Refried Beans</p>
<p><b>6 BREAKFAST</b> Snack'n Waffles</p> <p><b>LUNCH</b> Crispy Baked Chicken Warm Dinner Roll Homestyle Mustard Greens Rustic Mashed Potatoes w/Gravy</p>	<p><b>7 BREAKFAST</b> Cheesy Ham &amp; Egg Bars w/Waffle Flatbread</p> <p><b>LUNCH</b> Chicken Enchilada Foldovers Charro Beans Spiced Sweet Potato</p>	<p><b>8 BREAKFAST</b> Sausage Biscuit or Warm Biscuits</p> <p><b>LUNCH</b> Shredded BBQ Pork Sandwich Roasted Root Vegetables Tangy Vinegar Slaw</p>	<p><b>9 BREAKFAST</b> Ham &amp; Cheese Omelet Pocket</p> <p><b>LUNCH</b> Creamy Chicken Alfredo w/Garlic Breadstick Pesto Cauliflower Seasoned Carrots</p>	<p><b>10 BREAKFAST</b> Chicken and Waffle Sandwich</p> <p><b>LUNCH</b> Beefsteak Cheeseburger or Beefsteak Hamburger Curly Fries Deluxe Deli Salad</p>
<p><b>13 BREAKFAST</b> Cinni Minis</p> <p><b>LUNCH</b> Fish Dippers or Popcorn Chicken Bites Warm Dinner Roll Crinkle Cut Fries Fresh Garden Salad</p>	<p><b>14 BREAKFAST</b> Bacon, Egg &amp; Cheese Pancake Sandwich</p> <p><b>LUNCH</b> Salisbury Steak w/Mushroom Gravy Warm Dinner Roll Country Style Green Beans Creamy Cauliflower Mash</p>	<p><b>15 BREAKFAST</b> Big Breakfast Kolache</p> <p><b>LUNCH</b> Chicken Fajita Bowl Warm Flour Tortilla Mini Shredded Romaine Tomato Salad Street Corn</p>	<p><b>16 BREAKFAST</b> Sausage &amp; Cheese English Muffin</p> <p><b>LUNCH</b> Sloppy Joe Baked Chips Carrot Craisin Salad Gamer Garbanzos</p>	<p><b>17 BREAKFAST</b> Plain Bagel</p> <p><b>LUNCH</b> Cheese Pizza or Pepperoni Pizza Breaded Zucchini Chunks Tiny Tomato Salad</p>
<p><b>20 BREAKFAST</b> Bagel Breakfast Pizza</p> <p><b>LUNCH</b> Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich Crinkle Cut Fries Deluxe Deli Salad</p>	<p><b>21 BREAKFAST</b> Chorizo, Potato &amp; Bean Burrito</p> <p><b>LUNCH</b> Mesquite Chicken Drumstick Corn Tortillas Lentils Charros Red Skin Potato Salad</p>	<p><b>22 BREAKFAST</b> Peaches &amp; Cream Overnight Oats</p> <p><b>LUNCH</b> Meatball Sub Homemade Marinara Sauce Veggie Ranch Cup</p>	<p><b>23 BREAKFAST</b> Pancake On a Stick</p> <p><b>LUNCH</b> Island Blossom Chicken Bowl Sesame Cucumber Umami Broccoli</p>	<p><b>24 BREAKFAST</b> Turkey Ham and Cheddar Breakfast Croissant</p> <p><b>LUNCH</b> Beef Nachos or Plant Protein Nachos Mini Shredded Romaine Tomato Salad Refried Beans</p>

**NO SCHOOL**

<p><b>27</b></p> <p><b>NO SCHOOL</b></p>	<p><b>28 SUMMER SCHOOL BREAKFAST</b> Snack'n Waffles</p> <p><b>SUMMER SCHOOL LUNCH</b> Beefsteak Cheeseburger or Beefsteak Hamburger Crinkle Fries</p>	<p><b>29 SUMMER SCHOOL BREAKFAST</b> Bagel Breakfast Pizza</p> <p><b>SUMMER SCHOOL LUNCH</b> Cheese Pizza or Pepperoni Pizza Zesty Lemon Broccoli</p>	<p><b>30 SUMMER SCHOOL BREAKFAST</b> Cereal or Cereal Cracker Pack</p> <p><b>SUMMER SCHOOL LUNCH</b> Popcorn Chicken Warm Dinner Roll Carrot Craisin Salad</p>	<p><b>31 SUMMER SCHOOL BREAKFAST</b> Warm Biscuit or Sausage Biscuit</p> <p><b>SUMMER SCHOOL LUNCH</b> Sloppy Joe Cucumber Ranch Cup</p>
--	--	---	--	--



**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.

# MAY

## SUPPER MENU

### HOUSTON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Chicken Dippers Cucumber Slices	2 Classic Chicken Salad Croissant Mini Deli Salad	3 Cheeseburger S'wich Celery Sticks
6 Cheddar Chex Mix, Bold Bites & Cheese Cubes Cherry Tomatoes	7 Fresh Fruit & Yogurt Parfait Cucumber Slices	8 Chicken Tamales Salsa Cup	9 Personal Pizza Marinara Dipping Sauce	10 Turkey Ham Cubes, Hummus & Sunchips Celery Sticks
13 Turkey Hot Dog Ranch Style Beans	14 Pizzaboli Marinara Dipping Sauce	15 Chicken Eggrolls Cucumber Slices	16 Bean & Two Cheese Dip w/ Tostitos Salsa Cup	17 Chicken Empanada Mini Shredded Romaine Tomato Salad
20 Pretzel Bites, Turkey Cubes, & Cheese Dip Baby Carrots	21 Mozzarella Sticks Marinara Dipping Sauce	22 Chicken Dippers Cucumber Slices	23 Classic Chicken Salad Croissant Mini Deli Salad	24 Cheeseburger S'wich Celery Sticks

**NO SCHOOL**

**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.