

MAY

K-12 BREAKFAST AND LUNCH MENU

RIO GRANDE VALLEY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

Breakfast and Lunch is FREE for ALL IDEA Students

		<p>1 BREAKFAST</p> <p>Peaches & Cream Overnight Oats</p> <p>LUNCH</p> <p>Meatball Sub Homemade Marinara Sauce Veggie Ranch Cup</p>	<p>2 BREAKFAST</p> <p>Pancake On a Stick</p> <p>LUNCH</p> <p>Island Blossom Chicken Bowl Sesame Cucumber Umami Broccoli</p>	<p>3 BREAKFAST</p> <p>Turkey Ham and Cheddar Breakfast Croissant</p> <p>LUNCH</p> <p>Beef Nachos or Plant Protein Nachos Mini Shredded Romaine Tomato Salad Refried Beans</p>
<p>6 BREAKFAST</p> <p>Snack'n Waffles</p> <p>LUNCH</p> <p>Crispy Baked Chicken Warm Dinner Roll Homestyle Mustard Greens Rustic Mashed Potatoes w/Gravy</p>	<p>7 BREAKFAST</p> <p>Cheesy Ham & Egg Bars w/Waffle Flatbread</p> <p>LUNCH</p> <p>Enchilada Foldovers Charro Beans Spiced Sweet Potato</p>	<p>8 BREAKFAST</p> <p>Sausage Biscuit or Warm Biscuits</p> <p>LUNCH</p> <p>Shredded Pork Torta Guacamole Mini Shredded Romaine Tomato Salad</p>	<p>9 BREAKFAST</p> <p>Ham & Cheese Omelet Pocket</p> <p>LUNCH</p> <p>Creamy Chicken Alfredo w/Garlic Breadstick Pesto Cauliflower Seasoned Carrots</p>	<p>10 BREAKFAST</p> <p>Chicken and Waffle Sandwich</p> <p>LUNCH</p> <p>Beefsteak Cheeseburger or Beefsteak Hamburger Curly Fries Deluxe Deli Salad</p>
<p>13 BREAKFAST</p> <p>Cinni Minis</p> <p>LUNCH</p> <p>Fish Dippers or Popcorn Chicken Bites Warm Dinner Roll Crinkle Cut Fries Fresh Garden Salad</p>	<p>14 BREAKFAST</p> <p>Bacon, Egg & Cheese Pancake Sandwich</p> <p>LUNCH</p> <p>Salisbury Steak w/Mushroom Gravy Warm Dinner Roll Country Style Green Beans Creamy Cauliflower Mash</p>	<p>15 BREAKFAST</p> <p>Big Breakfast Kolache</p> <p>LUNCH</p> <p>Chicken Fajita Bowl Warm Flour Tortilla Mini Shredded Romaine Tomato Salad Street Corn</p>	<p>16 BREAKFAST</p> <p>Sausage & Cheese English Muffin</p> <p>LUNCH</p> <p>Sloppy Joe Baked Chips Carrot Craisin Salad Gamer Garbanzos</p>	<p>17 BREAKFAST</p> <p>Plain Bagel</p> <p>LUNCH</p> <p>Cheese Pizza or Pepperoni Pizza Breaded Zucchini Chunks Tiny Tomato Salad</p>
<p>20 BREAKFAST</p> <p>Bagel Breakfast Pizza</p> <p>LUNCH</p> <p>Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich Crinkle Cut Fries Deluxe Deli Salad</p>	<p>21 BREAKFAST</p> <p>Chorizo, Potato & Bean Burrito</p> <p>LUNCH</p> <p>Mesquite Chicken Drumstick Corn Tortillas Lentils Charros Red Skin Potato Salad</p>	<p>22 BREAKFAST</p> <p>Peaches & Cream Overnight Oats</p> <p>LUNCH</p> <p>Meatball Sub Homemade Marinara Sauce Veggie Ranch Cup</p>	<p>23 BREAKFAST</p> <p>Pancake On a Stick</p> <p>LUNCH</p> <p>Island Blossom Chicken Bowl Sesame Cucumber Umami Broccoli</p>	<p>24 BREAKFAST</p> <p>Turkey Ham and Cheddar Breakfast Croissant</p> <p>LUNCH</p> <p>Beef Nachos or Plant Protein Nachos Mini Shredded Romaine Tomato Salad Refried Beans</p>
<p>27 NO SCHOOL</p>	<p>28 SUMMER SCHOOL BREAKFAST</p> <p>Snack'n Waffles</p> <p>SUMMER SCHOOL LUNCH</p> <p>Beefsteak Cheeseburger or Beefsteak Hamburger Crinkle Fries</p>	<p>29 SUMMER SCHOOL BREAKFAST</p> <p>Bagel Breakfast Pizza</p> <p>SUMMER SCHOOL LUNCH</p> <p>Cheese Pizza or Pepperoni Pizza Zesty Lemon Broccoli</p>	<p>30 SUMMER SCHOOL BREAKFAST</p> <p>Cereal or Cereal Cracker Pack</p> <p>SUMMER SCHOOL LUNCH</p> <p>Popcorn Chicken Warm Dinner Roll Carrot Craisin Salad</p>	<p>31 SUMMER SCHOOL BREAKFAST</p> <p>Warm Biscuit or Sausage Biscuit</p> <p>SUMMER SCHOOL LUNCH</p> <p>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

RIO GRANDE VALLEY

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

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Offered Daily at Supper

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

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