



Offered Daily

At Breakfast

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- 100% Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

At Lunch & Supper

- 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.

Week at a Glance: Houston Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel Breakfast Pizza	Chorizo & Potato Burrito w/Beans	Peaches & Cream Overnight Oats	Pancake on a Stick	Turkey Ham & Cheddar Breakfast Croissant
Spicy or Crispy Chicken, or Crispy Fish Sandwich	Mesquite Chicken Drumsticks	Meatball Sub	Island Blossom Chicken w/ Brown Rice	Beef or Plant Protein Nachos
Crinkle Cut Fries Deluxe Deli Salad	Corn Tortillas Potato Salad Lentils Charros	Homemade Marinara Veggie Ranch Cup	Sesame Cucumbers Umami Broccoli	Refried Beans Mini Shredded Romaine & Tomato Salad
Hummus, Bold Bites, Sunchips	Mozzarella Sticks	Grape or Strawberry Jamwich	Turkey & Two Cheese Sandwich	Cheeseburger Pocket
Baby Carrots	Marinara Cup	Cucumber Slices	Shredded Romaine	Celery Sticks



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Week at a Glance: Houston Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Snack'N Waffles	Cheesy Ham & Egg Bars w/Waffle Flatbread	Warm Biscuit or Sausage Biscuit	Ham & Cheese Omelet Pocket	Chicken & Waffle Sandwich
Crispy Baked Chicken	Chicken Enchilada Foldovers	Shredded BBQ Pork Sandwich	Creamy Chicken Alfredo	Hamburger or Cheeseburger
Warm Dinner Roll Rustic Mashed Potatoes w/Gravy Homestyle Greens	Spiced Sweet Potatoes Charro Beans	Roasted Root Vegetables Tangy Vinegar Slaw	Seasoned Carrots Pesto Cauliflower Garlic Breadstick	Curly Fries Deluxe Deli Salad
Bean Dip w/Tortilla Chips	Yogurt Cup, Cheese Stick & Granola Pack	Chicken & Cheese Tamales	Personal Pizza	Goldfish Pretzels, Bold Bites, Cheese Dip
Corn Cup	Cucumber Slices	Salsa Cup	Marinara Cup	Celery Sticks



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Week at a Glance: Houston Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Cinni-Minis	Bacon, Egg & Cheese Pancake Sandwich	Big Breakfast Kolache	Sausage & Cheese English Muffin	Plain Bagel
Popcorn Chicken or Fish Dippers Warm Dinner Roll Crinkle Fries Fresh Garden Salad	Salisbury Steak w/ Mushroom Gravy Warm Dinner Roll Country Style Green Beans Cauliflower Mash	Chicken Fajita Bowl Warm Wheat Tortilla Mini Romaine Tomato Salad Street Corn	Sloppy Joe Carrot Craisin Salad Baked Chips Gamer Garbanzos	Cheese/Pepperoni Pizza Tiny Tomato Salad Breaded Zucchini Chunks
Corn Dog Baby Carrots	Pizzaboli Marinara Cup	Chicken Egg Rolls Cucumber Slices	Cheddar Chex Mix, Bold Bites & Cheese Cubes Cherry Tomatoes	Chicken Empanada Salsa Cup