



**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
<b>Bagel Breakfast Pizza</b>	<b>Chorizo &amp; Potato Burrito w/Beans</b>	<b>Peaches &amp; Cream Overnight Oats</b>	<b>Pancake on a Stick</b>	<b>Turkey Ham &amp; Cheddar Breakfast Croissant</b>
<b>Spicy or Crispy Chicken, or Crispy Fish Sandwich</b>	<b>Mesquite Chicken Drumsticks</b>	<b>Meatball Sub</b>	<b>Island Blossom Chicken w/ Brown Rice</b>	<b>Beef or Plant Protein Nachos</b>
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
<b>Hummus, Bold Bites, Sunchips</b>	<b>Mozzarella Sticks</b>	<b>Grape or Strawberry Jamwich</b>	<b>Turkey &amp; Two Cheese Sandwich</b>	<b>Cheeseburger Pocket</b>
Baby Carrots	Marinara Cup	Cucumber Slices	Shredded Romaine	Celery Sticks

**Served Week of: 8/5, 8/26, 9/16, 10/7**



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## Week at a Glance: Houston Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack'N Waffles</b>	<b>Cheesy Ham &amp; Egg Bars w/Waffle Flatbread</b>	<b>Warm Biscuit or Sausage Biscuit</b>	<b>Ham &amp; Cheese Omelet Pocket</b>	<b>Chicken &amp; Waffle Sandwich</b>
<b>Crispy Baked Chicken</b>	<b>Chicken Enchilada Foldovers</b>	<b>Shredded BBQ Pork Sandwich</b>	<b>Creamy Chicken Alfredo</b>	<b>Hamburger or Cheeseburger</b>
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
<b>Bean Dip w/Tortilla Chips</b>	<b>Yogurt Cup, Cheese Stick &amp; Granola Pack</b>	<b>Chicken &amp; Cheese Tamales</b>	<b>Personal Pizza</b>	<b>Goldfish Pretzels, Bold Bites, Cheese Dip</b>
Corn Cup	Cucumber Slices	Salsa Cup	Marinara Cup	Celery Sticks

Served Week of: 8/12, 9/2, 9/23



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- Whole Grains
- Assorted Cereal & Cracker Pack

**At Lunch & Supper**

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

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**Week at a Glance: Houston Week 3**

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

**Served Week of: 8/19, 9/9, 9/30**