



## 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: Rio Grande Valley 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 Lentils Charros Potato Salad	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: Rio Grande Valley 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 Pork Torta</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	Guacamole Mini Romaine Tomato Salad	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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**At Lunch & Supper**

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**Week at a Glance: Rio Grande Valley 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>	<b>Salisbury Steak w/ Mushroom Gravy</b>	<b>Chicken Fajita Bowl</b>	<b>Sloppy Joe</b>	<b>Cheese/Pepperoni Pizza</b>
Warm Dinner Roll Crinkle Fries Fresh Garden Salad	Warm Dinner Roll Country Style Green Beans Cauliflower Mash	Warm Wheat Tortilla Mini Romaine Tomato Salad Street Corn	Carrot Craisin Salad Baked Chips Gamer Garbanzos	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**