

INFANTS, TODDLERS, PRESCHOOL, KINDER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5TH B- Assorted Cereal, Toast, Applesauce, Milk
L- Meatballs w/ Sauce, Mixed Veggie, Mixed Fruit, Roll, Milk
S- Cheddar Chex Mix

6TH B- Assorted Cereal, Toast, Applesauce, Milk
L- Meatballs w/ Sauce, Mixed Veggie, Mixed Fruit, Roll, Milk
S- Cheddar Chex Mix

1ST B- Assorted Cereal, Toast, Banana, Milk
L- Meatloaf, Corn, Apple/I&T Applesauce, Roll, Milk
S- Cheez-it

2ND B- Biscuit, Turkey Sausage, Peaches, Milk
L- Beef Soft Taco, Pinto Beans, Diced Pears, Milk
S- Fresh Fruit

3RD B- Assorted Cereal, Graham Cracker, Oranges/I&T Mandarin Oranges, Milk
L- Sloppy Jo, Tater Tots, Mixed Fruit, Milk
S- Goldfish

6TH B- Assorted Cereal, Toast, Applesauce, Milk
L- Meatballs w/ Sauce, Mixed Veggie, Mixed Fruit, Roll, Milk
S- Cheddar Chex Mix

7TH B- Egg Omelet, Toast, Diced Pears, Milk
L- Fish Shapes, Sweet Potato Fries, Pineapple, Milk
S- Teddy Grahams/I&T Cereal Bar

8TH B- Assorted Cereal, Toast, Banana, Milk
L- Steak Fingers, Mashed Potato, Peaches, Roll, Milk
S- Graham Crackers

9TH B- Pancake, Turkey Sausage, Bake Apples, Milk
L- BBQ Beef Sand, Corn, Mandarin Oranges, Milk
S- Fresh Fruit

10TH B- Turkey Sausage, Toast, Pineapple, Milk
L- Turkey & Cheese Sub, Broccoli, Applesauce
Milk
S- Cheese & Crackers

13TH B- Assorted Cereal, Toast, Diced Pears, Milk
L- Sweet & Sour Chicken, Green Beans, Roll
Pineapples, Milk
S- Animal Cracker/I&T Cheerios

14TH B- Turkey Sausage, Pancake, Applesauce, Milk
L- Meatloaf, Mixed Veggie, Mixed Fruit, Roll, Milk
S- Graham Cracker

15TH B- Assorted Cereal, Graham Cracker, Banana, Milk
L- Turkey Taco Burger, Pinto Beans, Peaches, Milk
S- Cucumbers & Ranch

16TH B- Breakfast Pizza, Apples/I&T Applesauce, Milk
L- Salisbury Steak, Mashed Potato, Pears, Milk
S- Yogurt

17TH B- Waffles, Turkey Sausage, Peaches, Milk
L- Chicken Nuggets, Green Beans, Mandarin Oranges, Milk
S- Cheez-it

20TH B- Banana Muffin, Baked Apples, Milk
L- Chicken Fajita, Pinto Beans, Applesauce, Milk
S- Teddy Grahams/I&T Cheerios

21ST B- Biscuit, Turkey Sausage, Mixed Fruit, Milk
L- Grilled Chicken Sand, Corn, Pears, Milk
S- Pudding

22ND B- Assorted Cereal, Toast, Banana, Milk
L- Pizza Sticks, Green Beans, Peaches, Milk
S- Carrots & Ranch

23RD B- Breakfast Sand, Applesauce, Milk
L- Hamburger, French Fries, Mixed Fruit, Milk
S- Fresh Fruit

24TH B- Assorted Cereal, Grahams, Pineapple, Milk
L- Turkey & Cheese Sand
Broccoli, Applesauce, Milk
S- Goldfish

27TH B- Breakfast Bar, Turkey Sausage, Mandarin Oranges, Milk
L- Grilled Cheese, Mixed Veggies, Apples/I&T Applesauce, Milk

28TH B- Turkey Sausage, Toast, Mixed Fruit, Milk
L- BBQ Beef Sand, Green Beans, Pears, Milk
S- Cheez-it

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:

- Fruit is Lightly Drained
- Vegetable: Steamed or Served Raw
- Milk: Whole, 1%, Skim
- Condiments Are Served Upon Request
- Canned Fruit can be Sub for Fresh Fruit or Vice depending on Availability
- Menu Planned Choices May Change Do to Shortage in the Warehouse
- All Food items Served are Whole Grain Rich/or Reduced Sugar



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org



Food and Nutrition Division
National School Lunch Program