

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

# FEB

## MENU 2023

# GEAR UP FOR TRACK & FIELD



### ANNOUNCEMENTS:

- 1% AND NON FAT MILK OFFERED DAILY
- PB&J LUNCH BOX DAILY
- 3<sup>RD</sup> -12<sup>TH</sup> ADDITIONAL OPTIONS DAILY
- MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY
- FRESH FRUIT AVAILABLE DAILY

6<sup>TH</sup>  
B-B-Q ON BUN OR  
MACHO BURRITO  
BAKED BEANS  
SWEET POTATO FRIES  
PINEAPPLE CHUNKS, RAISINS  
KETCHUP, SALSA

7<sup>TH</sup>  
CHICKEN POPPERS OR  
B-B-Q CHCKEN BITES  
MASHED POTATOES W/GRAVY  
GREEN BEANS  
ROLL  
MANDARIN ORANGES, RAISINS  
KETCHUP

8<sup>TH</sup> CHEESE OR PEPPERONI  
PIZZA OR STUFFED CHEESE  
STICKS W/ MARINARA SAUCE  
GREEN SALAD  
SEASONED CARROTS  
SLICED PEARS, RAISINS  
RANCH

9<sup>TH</sup> HAMBURGER OR  
CHEESEBURGER OR SPICY  
CHICKEN SANDWICH  
SALAD STACK  
FRENCH FRIES  
FRUIT CUP  
MAYO, MUSTARD, KETCHUP

10<sup>TH</sup>  
**HOLIDAY**

13<sup>TH</sup> CHICKEN PATTY SANDWICH  
TURKEY SUB  
SMILEY FRIES  
SALAD STACK  
MIXED FRUIT, RAISINS  
MAYO, MUSTARD, KETCHUP

14<sup>TH</sup> CHICKEN FAJITA W/ WG  
TORTILLA OR BREADED  
CHICKEN WRAP  
CHARRO BEANS  
SEASONED CORN  
FAJITA VEGGIES  
SLICED PEACHES, RAISINS  
SALSA

15<sup>TH</sup> CHEESE OR PEPPERONI  
PIZZA OR STUFFED CHEESE  
STICKS W/ MARINARA SAUCE  
GREEN SALAD  
BABY CARROTS  
PINEAPPLE CHUNKS, RAISINS  
RANCH

16<sup>TH</sup> HAMBURGER OR  
CHEESEBURGER OR SPICY  
CHICKEN SANDWICH  
SALAD STACK  
FRENCH FRIES  
FRUIT CUP  
MAYO, MUSTARD, KETCHUP

17<sup>TH</sup>  
**HOLIDAY**

20<sup>TH</sup> BEEFY NACHOS OR  
TURKEY AND CHEESE SUB  
CHARRO BEANS  
GREEN SALAD  
MANDARIN ORANGES, RAISINS  
SALSA, RANCH

21<sup>ST</sup>  
CORN DOG OR  
MEAT BALL SUB  
BAKED BEANS  
SMILEY FRIES  
SLICED PEARS, RAISINS  
MAYO, MUSTARD, KETCHUP

22<sup>ND</sup> CHEESE OR PEPPERONI  
PIZZA OR STUFFED CHEESE  
STICKS W/MARINARA SAUCE  
GREEN SALAD  
CELERY STICKS  
MIXED FRUIT  
RANCH

23<sup>RD</sup> HAMBURGER OR  
CHEESEBURGER OR SPICY  
CHICKEN SANDWICH  
SALAD STACK  
FRENCH FRIES  
FRUIT CUP  
MAYO, MUSTARD, KETCHUP

24<sup>TH</sup>  
**HOLIDAY**

27<sup>TH</sup>  
CHICKEN PARMESAN W/NOODLES OR  
B-B-Q CHICKEN BITES  
GREEN BEANS  
GREEN SALAD W/RANCH  
ROLL  
FRUIT

28<sup>TH</sup>  
WALKING TACOS OR  
MACHO BURRITO  
CHARRO BEANS  
GREEN SALAD  
FRUIT  
CHEESE, SALSA, SOUR CREAM



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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www.SquareMeals.org