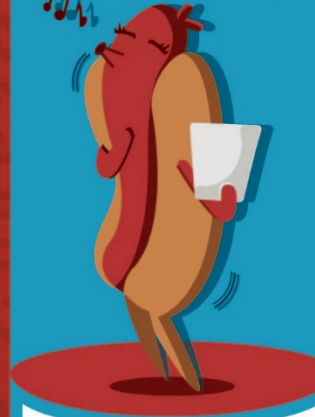


MAR

2023

GEAR UP FOR
CHOIR



ANNOUNCEMENTS:

Abbreviations:

BB=Blueberries, Bfast= Breakfast, B.Rice= Brown Rice, Cnd.= Canned, Crkr= Cracker, Cant.= Cantaloupe, C. Cheese= Cottage Cheese, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, Grd.- Gingered
HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto, RB= Raspberries, R=Roasted
WG= Whole Grain, S.Rice Pilaf=Savory Rice Pilaf
T.Fruit= Tropical Fruit
WW= Whole Wheat, W.Melon=Watermelon

WATER IS SERVED AT EVERY MEAL/SNACK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HM Chicken Penne Pasta ⁶
Fz. Broccoli C. Pineapple
Milk

Breakfast PM Snack
Frz. Waffles MG Crackers
Frz. Peaches/RB Cheese Stick
Milk

HM Meat Loaf ⁷
HM Savory Rice Pilaf Cnd. Corn
Frz. Squash/Zucchini Milk

Breakfast PM Snack
WW Chz Toast HM/WW BB
Cnd. Mixed Fruit Muffin Square
Milk

HM Pulled Pork ¹ WG Bun
Frz. B. Normandy Cnd. G. Beans
Milk

Breakfast PM Snack
WG Cereal Cheez Its
Fsh. Bananas Cnd. Applesauce
Milk

HM Tuna Salad Saltine Crackers ⁸
Roasted Veggies Frz. SB/BB
Milk

Breakfast PM Snack
WG Cereal WG Goldfish
Fsh. Banana Pears
Milk

HM Turkey and Egg Noodle Soup ²
Frz. Mixed Veggies WG Pasta
Cnd. Tropical Fruit Milk

Breakfast PM Snack
Scr. Eggs Wheat Thins
Cnd. Oranges Cheese Sticks
Milk

HM Turkey Spaghetti Pasta ⁹
Frh. Garden Salad Fruit
Milk

Breakfast PM Snack
HM Oatmeal Animal Crackers
Frz. BB Milk

HM Egg Salad ³ WW Bread
HM Gingered Carrots Mix Fruit
Milk

Breakfast PM Snack
Bfast Rice Animal Crackers
Cnd. Apricots Milk

HM Cheese and Sausage Strata ¹⁰
WW Bread Cnd. Peaches
Frz. Mixed Veggies Milk

Breakfast PM Snack
WW Toast Cheese Stix
Bkd. Apples Crackers
Milk

13
SPRING
BREAK

14
SPRING
BREAK

15
SPRING
BREAK

16
SPRING
BREAK

17
SPRING
BREAK

HM Teriyaki Chicken w/ ²⁰
Japanese Veggies B. Rice
Cnd. Man. Oranges Milk

Breakfast PM Snack
Frz. F.Toast Sticks Cheese Stix
Frz. Peaches Crackers
Milk

HM Beef Vegetable Soup ²¹
Frz. Mixed Veggies Rotini Pasta
Frz. Mangos Milk

Breakfast PM Snack
WW Chz Toast Animal Crackers
Cnd. Apricots Milk

HM Turkey Ham Pizza WG E. Muffin ²²
HM Gingered Carrots Fz. RB
Milk

Breakfast PM Snack
WG Cereal Cheez Its
Fresh Banana Cnd. Applesauce
Milk

HM Turkey Pot Pie HM/WW Crust ²³
Frz. Mixed Veggies Fresh Apples
Milk

Breakfast PM Snack
HM/WW Banana Sqrs. W. Thins
Cnd. Pears. HM Bean Dip
Milk

Grilled Cheese Sandwich ²⁴
WW Bread Cnd.Tom Soup
Frz. Squash/Zucchini Milk

Breakfast PM Snack
Bfast Rice WG Graham Crackers
Cnd. Apricots Milk

HM Chicken Spaghetti ²⁷
WW Pasta Frs. Kale
HM Gingered Carrots Milk

Breakfast PM Snack
Frz. WG Pancakes Cheez It
FZ. Peaches/RB Cottage Cheese
Milk

HM Beef Stroganoff ²⁸
E.Noodle Pasta Frz. Greens
Cnd. Apricots Milk

Breakfast PM Snack
HM Oatmeal HM/WW Ricotta Sqr.
Frz. BB Milk

HM Stir-Fried Rice w/ Ham B.Rice ²⁹
Frz. Carrots Cnd. Peaches
Milk

Breakfast PM Snack
WG Cereal WG English Muffin
Fsh. Banana Tuna salad
Milk

HM Turkey Pasta Primavera ³⁰
Penne Pasta Frz. Broccoli
Cnd. Pear Milk

Breakfast PM Snack
Scr. Eggs Fsh. Boiled Eggs
Frz. Raspberries Wheat Thins
Milk

HM Black Bean Quesadillas ³¹
WW Tortilla Frz. Corn
Cnd. Mixed Fruit Milk

Breakfast PM Snack
WW Toast Animal Crackers
Cnd. Baked Apples Milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
Nutrition Assistance Programs



Updated 1/1/2022
www.SquareMeals.org