

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

# FEB

## MENU 2023

## GEAR UP FOR TRACK & FIELD



**ANNOUNCEMENTS:**  
1% WHITE MILK AND  
FLAVORED MILK  
OFFERED DAILY AT  
ALL MEALS

- CONDIMENTS  
OFFERED AT  
MEALS
- \*\* MENU  
SUBJECT TO  
CHANGE DUE TO  
PRODUCT  
AVAILABILITY

6.CEREAL OR CEREAL  
BAR AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

7. SAUSAGE BISCUIT OR  
CEREAL AND GRAHAM  
CRACKERS  
JUICE  
APPLESAUCE

8. POPTART OR CEREAL  
AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

9.BREAKFAST PIZZA OR  
CEREAL AND GRAHAM  
CRACKERS  
JUICE  
APPLESAUCE

10. DONUTS  
OR CEREAL BAR AND  
GRAHAM CRACKERS  
JUICE  
CRAISINS

13. BLUEBERRY  
MUFFINS OR CEREAL  
AND GRAHAM  
CRACKER  
JUICE  
APPLESAUCE

14. SAUSAGE EGG &  
CHEESE BISCUIT OR  
CEREAL AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

15. FRENCH TOAST  
STICK OR CEREAL AND  
GRAHAM CRACKERS  
JUICE  
APPLESAUCE

16.PANCAKES OR  
CEREAL AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

17. HONEY BUN OR  
CEREAL BAR AND  
GRAHAM CRACKERS  
JUICE  
APPLESAUCE

20.CEREAL OR CEREAL  
BAR AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

21.SAUSAGE BISCUIT  
OR CEREAL AND  
GRAHAM CRACKERS  
JUICE  
APPLESAUCE

22. POPTART OR  
CEREAL AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

23. BREAKFAST PIZZA  
OR CEREAL AND  
GRAHAM CRACKERS  
JUICE  
APPLESAUCE

23.DONUTS OR CEREAL  
BAR AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS

27.BLUEBERRY  
MUFFIN OR CEREAL  
AND GRAHAM  
CRACKERS  
JUICE  
APPLESAUCE

28.SAUSAGE EGG AND  
CHEESE BISCUIT OR  
CEREAL AND GRAHAM  
CRACKERS  
JUICE  
CRAISINS



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Food and Nutrition Division  
National School Lunch Program



Updated 2/1/2023  
[www.SquareMeals.org](http://www.SquareMeals.org)