

ROPES PRE-K- 8th LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Corn dog, potatoes, **tomato cup, fruit cup and milk variety

7TH Nachos grande, ***salsa, beans, ***cucumber, apricots, ice cream and milk variety

8TH Chicken sandwich, **fresh veggie cup garden salad, fruity gelatin and milk variety

9TH Breaded pork chop, gravy, roll, broccoli, **corn, mandarin oranges and milk variety

10TH Pizza choice, **carrots, savory green beans, seasonal fresh fruit, **grain based cookie and milk variety

13TH Country fried steak, gravy, potatoes, **okra, roll, strawberries and milk variety

14TH Tex-Mex stack, **Spanish rice, beans, carrots, **salsa, hot cinnamon apples, **sherbet cup and milk variety

15TH Chicken alfredo, breadstick, **garden salad, savory green beans, peaches and milk variety

16TH Popcorn chicken, roll, corn, **crunchy broccoli salad, fresh apple slices, **cookie/brownie and milk variety

17TH Hot dog, potatoes, ***tomato cup, snowball salad and milk variety

20TH **TEACHER WORKDAY NO SCHOOL**

21ST Chilli cheese totchos, **fresh veggie cup, strawberries and bananas and milk variety

22ND Chicken nuggets, mac and cheese, carrots, **squash, grapes and milk variety

23RD Hamburger, tots, **tomato cup, garden salad, pears and milk variety

24TH Roast beef sandwich, corn, **cucumbers, rosy applesauce, **grain based dessert and milk variety

27TH Spaghetti bowl, breadstick, garden salad, **potatoes, seasonal fresh fruit and milk variety

28TH Frito pie, beans, **veggie cup, chilled pineapple, **cookie and milk variety

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:

- ** indicates items not offered to Pre-K
- Pre-K-8th are only offered one choice.



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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