

ROPES BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Breakfast pizza, fruit, juice and milk variety OR Cereal, toast

7TH Dutch waffles, sausage, fruit, juice and milk variety OR Breakfast strudel, cheese stick

8TH *Power breakfast:* biscuit, gravy, scrambled eggs, bacon, fruit, juice and milk variety OR Cereal, toast

9TH Pancake wrap, yogurt, fruit, juice and milk variety OR Breakfast strudel, cheese stick

10TH Cheesy toast, sausage, fruit, juice and milk variety OR cereal, toast

13TH Pancakes, bacon, fruit, juice and milk variety OR Cereal Toast

14TH Breakfast combo, fruit, juice and milk variety OR Breakfast strudel, cheese stick

15TH Breakfast pizza, fruit, juice and milk variety OR Cereal, toast

16TH Oatmeal, cinnamon toast, fruit, juice and milk variety OR Breakfast strudel, cheese stick

17TH Breakfast Burrito, hash browns, fruit, juice and milk variety OR Breakfast strudel, cheese stick

20TH
**TEACHER
WORK DAY**

21ST Cheese omelet, fruit, juice and milk variety OR Breakfast strudel, cheese stick

22ND *Power breakfast:* biscuit, gravy, scrambled eggs, bacon, fruit, juice and milk variety OR Cereal, toast

23RD Breakfast pizza, fruit, juice and milk variety OR Breakfast Strudel, cheese stick

24TH French toast, sausage, fruit, juice and milk variety OR Cereal, toast

27TH Pancakes, bacon, fruit, juice and milk variety OR Cereal, toast

28TH Breakfast Burrito, hash browns, fruit, juice and milk variety OR Breakfast strudel, cheese stick

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



Fat free milk is provided to Pre-K on a daily basis



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 2/1/2023
www.SquareMeals.org