

# Promesa Academy - Breakfast

# APR

## MENU 2024

### PALO DURO CANYON



**Key Terms:**  
 WG = Whole Grain  
 WW = Whole Wheat

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1<sup>ST</sup> **Breakfast Sandwich**  
 Turkey Canadian Bacon  
 w/ Cheese on WG Biscuit  
 Cinn/Raisin Apples  
 Milk

2<sup>ND</sup>  
 Cereal: WG Frosted Flakes  
 Mozzarella String Cheese  
 Fresh Banana  
 Milk

3<sup>RD</sup>  
 WG Waffle  
 Cinn/Raisin Peaches  
 100% Grape Juice  
 Milk  
 (Syrup)

4<sup>TH</sup> **Fruit & Yogurt Plate**  
 Vanilla Yogurt  
 Granola  
 Diced Mango  
 100% Orange Juice  
 Milk

5<sup>TH</sup>  
 WG Strawberry Poptart  
 Mandarin Orange Cup  
 100% Apple Juice  
 Milk

8<sup>TH</sup>  
 WW French Toast Sticks  
 Cinn/Raisin Peaches  
 Milk  
 (Syrup)

9<sup>TH</sup>  
 Cereal: WG Cinnamon  
 Toasters  
 Honey Graham Crackers  
 Fresh Banana  
 Milk

10<sup>TH</sup> **Breakfast Sandwich**  
 Turkey Sausage Patty  
 WW English Muffin  
 Cinn/Raisin Apples  
 100% Orange Juice  
 Milk

11<sup>TH</sup> **Breakfast Tacos – 2**  
 Bean & Cheese on  
 WW Tortilla  
 Mixed Fruit Cup  
 100% Apple Juice  
 Milk

12<sup>TH</sup>  
 Raspberry Cereal Bar  
 WW Animal Cracker  
 Diced Pear Cup  
 100% Grape Juice  
 Milk

15<sup>TH</sup>  
 WW Pancakes  
 Cinn/Raisin Peaches  
 Milk  
 (Syrup)

16<sup>TH</sup>  
 Cereal: WG Trix Cereal  
 Mozzarella String Cheese  
 Fresh Banana  
 Milk

17<sup>TH</sup>  
 WW Biscuit  
 Assorted Jelly  
 Pineapple Tidbit Cup  
 100% Grape Juice  
 Milk

18<sup>TH</sup> **Fruit & Yogurt Plate**  
 Vanilla Yogurt  
 Granola  
 Mixed Berries  
 100% Orange Juice  
 Milk

19<sup>TH</sup>  
 WG Blueberry Poptart  
 Mixed Fruit Cup  
 100% Apple Juice  
 Milk

22<sup>ND</sup> **Breakfast Sandwich**  
 Egg Patty w/ Cheese  
 On WW English Muffin  
 Pineapple Tidbit Cup  
 100% Apple Juice  
 Milk

23<sup>RD</sup>  
 Cereal: WG Cheerios  
 Cinnamon Goldfish  
 Crackers  
 Fresh Banana  
 Milk

24<sup>TH</sup>  
 Blueberry Cereal Bar  
 Mozzarella String Cheese  
 Diced Pear Cup  
 100% Grape Juice  
 Milk

25<sup>TH</sup>  
 Fruit Yogurt Cup  
 Honey Graham Crackers  
 Raisins  
 100% Orange Juice  
 Milk

26<sup>TH</sup>  
**CLOSED**  
**BATTLE OF FLOWERS**

29<sup>TH</sup> WG Biscuit  
 Assorted Jelly  
 Honey Packet  
 Pineapple Tidbit Cup  
 100% Apple Juice  
 Milk

30<sup>TH</sup>  
 Cereal: WG Frosted Flakes  
 Mozzarella String Cheese  
 Fresh Banana  
 Milk



Food and Nutrition Division  
 National School Lunch Program

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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# Promesa Academy - Lunch

# APR

## MENU 2024

### PALO DURO CANYON



#### Key Terms:

LS = Low Sodium  
 WG = Whole Grain  
 WW = Whole Wheat

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1<sup>ST</sup> WG Chicken Nuggets  
 Mashed Potatoes  
 Broccoli w/ Cheese  
 Fresh Orange Wedges  
 Milk  
 (Ketchup)

2<sup>ND</sup> Lemon Herb Chicken  
 WW Roll  
 Pinto Beans  
 Buttered Carrots  
 Fresh Whole Fruit  
 Milk

3<sup>RD</sup> **Spaghetti & Meat Sauce**  
 Ground Turkey & Sauce on  
 WW Spaghetti  
 Seasoned Cauliflower  
 Capri Veggie Blend  
 Fresh Orange Wedges  
 Milk

4<sup>TH</sup> **Pizza Day**  
 WG Cheese Pizza  
 Baby Carrots  
 Side Salad  
 Applesauce Cup  
 Milk  
 (FF Ranch Dressing)

5<sup>TH</sup> **Sweet & Sour Chicken**  
 WG Chicken Nuggets w/ Sweet &  
 Sour Sauce over  
 Steamed Brown Rice  
 Mixed Veggie Blend  
 Seasoned Zucchini  
 Fresh Orange Wedges  
 Milk

8<sup>TH</sup> Breaded Chicken  
 Tenders  
 Green Beans  
 Potatoes Au Gratin  
 Pineapple Tidbit Cup  
 Milk  
 (Ketchup)

9<sup>TH</sup> Turkey Sloppy Joes on  
 WW Hamburger Bun  
 Oven Fries  
 Steamed Carrots  
 Fresh Orange Wedges  
 Milk  
 (Ketchup)

10<sup>TH</sup> Cheese Enchiladas w/  
 Ranchero Sauce  
 Mexicali Corn  
 Pinto Beans  
 Mandarin Orange Cup  
 Milk

11<sup>TH</sup> **Pizza Day**  
 WG Cheese Pizza  
 Baby Carrots  
 Side Salad  
 Fresh Orange Wedges  
 Milk  
 (FF Ranch Dressing)

12<sup>TH</sup> **Chicken Parmesan**  
 Breaded Chicken Patty w/  
 Cheese & Spaghetti Sauce  
 WW Spaghetti  
 Steamed Broccoli  
 Buttered Yellow Squash  
 Applesauce Cup  
 Milk

15<sup>TH</sup> WG Cheese Ravioli  
 Spaghetti Sauce  
 WW Roll  
 Green Beans  
 Black-Eyed Peas  
 Fresh Orange Wedges  
 Milk

16<sup>TH</sup> Breaded Steak Fingers  
 Mashed Potatoes  
 Normandy Veggie Blend  
 Diced Pear Cup  
 Milk  
 (Ketchup)

17<sup>TH</sup> Cheeseburger on  
 WW Hamburger Bun  
 Tater Tots  
 Buttered Carrots  
 Fresh Orange Wedges  
 Milk  
 (Ketchup; Mustard)

18<sup>TH</sup> **Pizza Day**  
 WG Cheese Pizza  
 Baby Carrots  
 Side Salad  
 Diced Peach Cup  
 Milk  
 (FF Ranch Dressing)

19<sup>TH</sup> Southwest Chicken  
 Fajita Taco w/ Cheese  
 On WW Tortilla  
 Pinto Beans  
 Steamed Corn  
 Diced Peach Cup  
 Milk

22<sup>ND</sup> Spaghetti & Beef  
 Meatballs on WW Spaghetti  
 Steamed Broccoli  
 Buttered Yellow Squash  
 Fresh Orange Wedges  
 Milk

23<sup>RD</sup> **Taco Tuesday**  
 Ground Turkey & Cheese  
 w/ WW Tortilla  
 Lettuce/Tomato Cup  
 Pinto Beans  
 Diced Peach Cup  
 Milk

24<sup>TH</sup> Turkey Hot Dog on  
 WW Hot Dog Bun  
 Sweet Potato Tots  
 Green Beans  
 Fresh Orange Wedges  
 Milk  
 (Ketchup; Mustard)

25<sup>TH</sup> **Pizza Day**  
 WG Cheese Pizza  
 Baby Carrots  
 Side Salad  
 Applesauce Cup  
 Milk  
 (FF Ranch Dressing)

26<sup>TH</sup>  
**CLOSED**  
**BATTLE OF FLOWERS**

29<sup>TH</sup> WG Chicken Nuggets  
 Mashed Potatoes  
 Broccoli w/ Cheese  
 Mixed Fruit Cup  
 Milk  
 (Ketchup)

30<sup>TH</sup> Lemon Herb Chicken  
 WW Roll  
 Pinto Beans  
 Buttered Carrots  
 Fresh Whole Fruit  
 Milk



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# Promesa Academy - Snack

# APR

## MENU 2024

### PALO DURO CANYON



#### Key Terms:

WG = Whole Grain  
WW = Whole Wheat

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1<sup>ST</sup>

Honey Graham  
Crackers (2)  
100% Orange Juice

2<sup>ND</sup>

WG Cheddar Goldfish  
Cheddar Rectangle (2)

3<sup>RD</sup>

Mozzarella String Cheese  
Cinnamon Goldfish  
Crackers

4<sup>TH</sup>

WW Animal Cracker  
Sunbutter Cup

5<sup>TH</sup>

Baby Carrots  
Multi-Grain Sun Chips

8<sup>TH</sup>

WW Animal Cracker  
Mozzarella String Cheese

9<sup>TH</sup>

Granola Packet  
Fruit Yogurt Cup

10<sup>TH</sup>

WG Cheddar Goldfish  
100% Orange Juice

11<sup>TH</sup>

Strawberry Chex Mix  
Fresh Banana

12<sup>TH</sup>

Cheddar Rectangle (2)  
Cinnamon Goldfish  
Crackers

15<sup>TH</sup>

100% Orange Juice  
Mozzarella String Cheese

16<sup>TH</sup>

Baby Carrots  
Honey Graham  
Crackers (2)

17<sup>TH</sup>

100% Orange Juice  
WG Cheddar Goldfish

18<sup>TH</sup>

Multi-Grain Sun Chips  
Fresh Banana

19<sup>TH</sup>

Fruit Yogurt Cup  
Granola Packet

22<sup>ND</sup>

Multi-Grain Sun Chips  
100% Orange Juice

23<sup>RD</sup>

Mozzarella String  
Cheese  
Honey Graham  
Crackers (2)

24<sup>TH</sup>

Cheddar Rectangle (2)  
WW Animal Crackers

25<sup>TH</sup>

Fresh Banana  
Cinn. Goldfish Crackers

26<sup>TH</sup>

**CLOSED**  
**BATTLE OF FLOWERS**

29<sup>TH</sup>

Honey Graham  
Crackers (2)  
100% Orange Juice

30<sup>TH</sup>

WG Cheddar Goldfish  
Cheddar Rectangle (2)



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