

# Promesa Academy - Breakfast

# NOV

## MENU 2023

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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

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

3<sup>RD</sup>  
 WG Blueberry Poptart  
 Mixed Fruit Cup  
 100% Apple Juice  
 Milk

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

7<sup>TH</sup>  
 Cereal: WG Cheerios  
 Cinnamon Goldfish  
 Crackers  
 Fresh Banana  
 Milk

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

9<sup>TH</sup>  
 WG Waffle  
 Cinn/Raisin Peaches  
 100% Apple Juice  
 Milk  
 (Syrup)

10<sup>TH</sup> **Breakfast Pizza**  
 WG Turkey Sausage Pizza  
 Mixed Fruit Cup  
 100% Orange Juice  
 Milk

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

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

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

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

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

20<sup>TH</sup> 21<sup>ST</sup> 22<sup>ND</sup> 23<sup>RD</sup> 24<sup>TH</sup>  

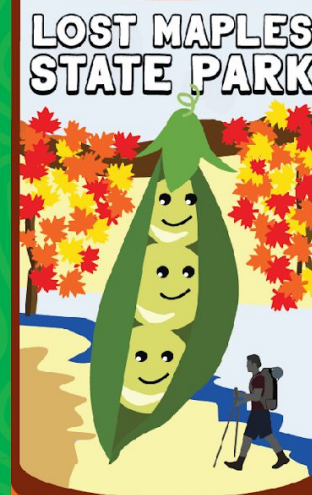
# THANKSGIVING BREAK

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

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

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

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



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



Food and Nutrition Division  
 National School Lunch Program

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
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Updated 11/1/2023  
[www.SquareMeals.org](http://www.SquareMeals.org)

### MONDAY

### TUESDAY

### WEDNESDAY

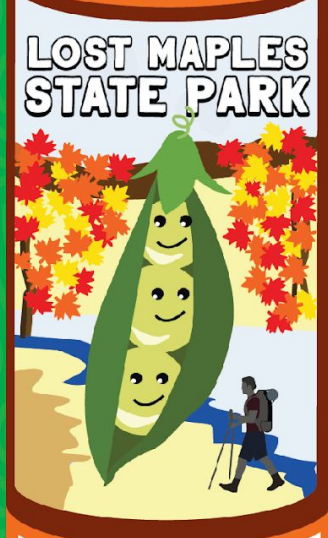
### THURSDAY

### FRIDAY

		1 <sup>ST</sup> Cheeseburger on WW Hamburger Bun Tater Tots Buttered Carrots Fresh Orange Wedges Milk (Ketchup; Mustard)	2 <sup>ND</sup> <b>Papa John's Pizza</b> WW Cheese or Pepperoni Pizza Baby Carrots Side Salad Fresh Whole Fruit Milk (FF Ranch Dressing)	3 <sup>RD</sup> Chicken Penne Alfredo on WG Penne Steamed Broccoli Roasted Sweet Potato Fresh Orange Wedges Milk
6 <sup>TH</sup> Spaghetti & Beef Meatballs on WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges Milk	7 <sup>TH</sup> <b>Taco Tuesday</b> Ground Turkey & Cheese w/ WW Tortilla Lettuce/Tomato Cup Pinto Beans Fresh Whole Fruit Milk	8 <sup>TH</sup> Turkey Hot Dog on WW Hot Dog Bun Sweet Potato Tots Green Beans Fresh Orange Wedges Milk (Ketchup; Mustard)	9 <sup>TH</sup> <b>Papa John's Pizza</b> WW Cheese or Pepperoni Pizza Baby Carrots Side Salad Fresh Whole Fruit Milk (FF Ranch Dressing)	10 <sup>TH</sup> WG Mini Corn Dogs Steamed Corn Italian Veggie Blend Fresh Orange Wedges Milk (Ketchup; Mustard)
13 <sup>TH</sup> WG Chicken Nuggets Mashed Potatoes Broccoli w/ Cheese Fresh Orange Wedges Milk (Ketchup)	14 <sup>TH</sup> Lemon Herb Chicken WW Roll Pinto Beans Buttered Carrots Fresh Whole Fruit Milk	15 <sup>TH</sup> <b>Thanksgiving Meal</b> Sliced Turkey w/ LS Gravy Mashed Potatoes Garlic Green Beans WW Roll & Pumpkin Pie Fresh Orange Wedges Milk	16 <sup>TH</sup> <b>Papa John's Pizza</b> WW Cheese or Pepperoni Pizza Baby Carrots Side Salad Fresh Whole Fruit Milk (FF Ranch Dressing)	17 <sup>TH</sup> <b>Sweet &amp; Sour Chicken</b> WG Chicken Nuggets w/ Sweet & Sour Sauce over Steamed Brown Rice Mixed Veggie Blend Seasoned Zucchini Fresh Orange Wedges Milk

# 20<sup>TH</sup> 21<sup>ST</sup> 22<sup>ND</sup> 23<sup>RD</sup> 24<sup>TH</sup> 25<sup>TH</sup> 26<sup>TH</sup> 27<sup>TH</sup> 28<sup>TH</sup> 29<sup>TH</sup> 30<sup>TH</sup> THANKSGIVING BREAK

27 <sup>TH</sup> Breaded Chicken Tenders Green Beans Potatoes Au Gratin Fresh Whole Fruit Milk (Ketchup)	28 <sup>TH</sup> Turkey Sloppy Joes on WW Hamburger Bun Oven Fries Steamed Carrots Fresh Orange Wedges Milk (Ketchup)	29 <sup>TH</sup> Cheese Enchiladas w/ Ranchero Sauce Mexicali Corn Pinto Beans Fresh Whole Fruit Milk	30 <sup>TH</sup> <b>Papa John's Pizza</b> WW Cheese or Pepperoni Pizza Baby Carrots Side Salad Fresh Orange Wedges Milk (FF Ranch Dressing)
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**Key Terms:**  
 LS = Low Sodium  
 WG = Whole Grain  
 WW = Whole Wheat

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1<sup>ST</sup>

100% Orange Juice  
WG Cheddar Goldfish

2<sup>ND</sup>

Multi-Grain Sun Chips  
Fresh Banana

3<sup>RD</sup>

Fruit Yogurt Cup  
Granola Packet

6<sup>TH</sup>

Multi-Grain Sun Chips  
100% Orange Juice

7<sup>TH</sup>

Mozzarella String  
Cheese  
Honey Graham  
Crackers (2)

8<sup>TH</sup>

Cheddar Rectangle (2)  
WW Animal Crackers

9<sup>TH</sup>

Fresh Banana  
Cinn. Goldfish Crackers

10<sup>TH</sup>

Strawberry Chex Mix  
100% Orange Juice

13<sup>TH</sup>

Honey Graham  
Crackers (2)  
100% Orange Juice

14<sup>TH</sup>

WG Cheddar Goldfish  
Cheddar Rectangle (2)

15<sup>TH</sup>

Mozzarella String Cheese  
Cinnamon Goldfish  
Crackers

16<sup>TH</sup>

WW Animal Cracker  
Sunbutter Cup

17<sup>TH</sup>

Baby Carrots  
Multi-Grain Sun Chips

20<sup>TH</sup>

# THANKSGIVING BREAK

21<sup>ST</sup>

22<sup>ND</sup>

23<sup>RD</sup>

24<sup>TH</sup>

27<sup>TH</sup>

WW Animal Cracker  
Mozzarella String Cheese

28<sup>TH</sup>

Granola Packet  
Fruit Yogurt Cup

29<sup>TH</sup>

WG Cheddar Goldfish  
100% Orange Juice

30<sup>TH</sup>

Strawberry Chex Mix  
Fresh Banana

## LOST MAPLES STATE PARK



### Key Terms:

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

