

January 2026

Promesa Academy – Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 CLOSED
5 CLOSED	6 Popcorn Chicken WW Waffles Fresh Orange Wedges Fresh Apple Sugar-Free Syrup	7 WG Honey Cheerios Strawberry Go-GURT Fresh Banana 100% Apple Juice	8 WG Blueberry Muffin WW Animal Crackers Sliced Granny Apples Dried Mixed Fruit	9 Breakfast Sandwich Turkey Sausage & Cheese WW English Muffin Cinnamon Peaches Fresh Banana Low-Cal Jelly
12 French Toast Sticks Cinnamon Peaches 100% Orange Juice Sugar-Free Syrup	13 Cinnamon Oatmeal Turkey Sausage Patty Tropical Mixed Fruit Cup Fresh Whole Apple	14 WG Cinnamon Toasters Mozzarella String Cheese Fresh Banana Sliced Granny Apples	15 Fruit & Yogurt Plate Vanilla Yogurt Granola Fresh Strawberries Blueberries 100% Fruit Punch Juice	16 WG Froot Loop Waffles Fresh Banana Watermelon Applesauce
19 CLOSED	20 WW Pancakes Aloha Pear Cup 100% Orange Juice Sugar-Free Syrup	21 WG Frosted Flakes WG Bunny Grahams Fresh Banana 100% Apple Juice	22 WG Strawberry Cream Cheese Filled Mini Bagels Applesauce Cup Fresh Orange Wedges	23 WG Banana Muffin Red Grapes, bagged Sliced Granny Apples Kinder: Orange Wedges
26 Mini Cinnamon Rolls WW Animal Crackers Mango Peach Applesauce 100% Apple Juice	27 WG Trix Cereal Cinn. Goldfish Crackers Fresh Banana Fresh Orange Wedges	28 Raspberry Cereal Bar Strawberry Go-GURT Fresh Whole Pear Blue Raspberry Applesauce	29 WG Strawberry Poptart Chocolate Scooby Snacks Red Grapes, bagged 100% Orange Juice Orange Wedges	30 WW Waffles Scrambled Eggs Cinnamon Apples Watermelon Applesauce Sugar-Free Syrup



Announcements

Key Terms:
WG = Whole Grain
WW = Whole Wheat

Available Milk Flavor:
Skim Milk
1% White Milk



Milk & Cutlery Kit Included



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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Updated 06/20/25

January 2026

Promesa Academy – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 CLOSED
5 CLOSED	6 Grilled Chicken Sandwich Grilled Chicken Patty & Cheese WW Hamburger Bun Tater Tots Seasoned Fresh Zucchini Watermelon Applesauce Ketchup, Mustard	7 WG Pepperoni Pizza Baby Carrots Fresh Broccoli Florets Fresh Orange Wedges FF Buttermilk Ranch	8 Cheese Enchiladas Cheese & Sauce Mexicali Corn Seasoned Pinto Beans Mango Peach Applesauce	9 Corn Dog on a Stick Oven Fries, Celery Sticks Red Grapes, bagged Kinder = Orange Wedges Ketchup, Mustard FF Buttermilk Ranch
12 Breaded Steak Fingers Mashed Potatoes Black-Eyed Peas Fresh Pear (Ketchup)	13 Chicken Alfredo over WW Penne Pasta Buttered Carrots Steamed Fresh Broccoli Mango Peach Applesauce	14 WG Pepperoni Pizza Baby Carrots Cucumber Slices Red Grapes, bagged Kinder: Orange Wedges (FF Buttermilk Ranch)	15 Cheeseburger on WW Hamburger Bun Tater Tots Normandy Veggie Blend Fresh Orange Wedges (Ketchup; Mustard)	16 Beef Meatloaf w/ BBQ Sauce Macaroni & Cheese Seasoned Fresh Zucchini Fresh Apple
19 CLOSED	20 Chicken Chili Crispitos Roasted Sweet Potato Seasoned Pinto Beans Tropical Mixed Fruit Cup	21 WG Pepperoni Pizza Baby Carrots Fresh Celery Sticks Fresh Watermelon Cup FF Buttermilk Ranch	22 Sweet & Sour Chicken WG Chicken Nuggets WG Fried Rice Asian Veggie Blend Buttered Fresh Yellow Squash Fresh Whole Apple Sweet & Sour Sauce	23 Turkey & Cheese Green Leaf Lettuce On WG Bread Slices Cucumber Slices Jicama Sticks Peach Cobbler Fruit Cup FF Buttermilk Ranch
26 WG Chicken Tenders Tater Tots Italian Veggie Blend Fresh Orange Wedges Ketchup; Mustard	27 Taco Tuesday Turkey & Cheese WW Tortilla Mexicali Corn Seasoned Pinto Beans Sliced Granny Apples	28 WG Pepperoni Pizza Baby Carrots Fresh Broccoli Florets Tropical Mixed Fruit Cup FF Buttermilk Ranch	29 Breaded Chicken Burger Sliced Cheese On WW Hamburger Bun Buttered Carrots Fresh Sugar Snap Peas Mandarin Orange Cup Ketchup; Mustard	30 Turkey Hot Dog On WW Hot Dog Bun Sweet Potato Tots Seasoned Fresh Cauliflower Fresh Banana Ketchup; Mustard



Announcements

Key Terms:

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

Available Milk Flavor:

1% White Milk
Fat-Free Choc Milk
Fat-Free Strawberry Milk



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