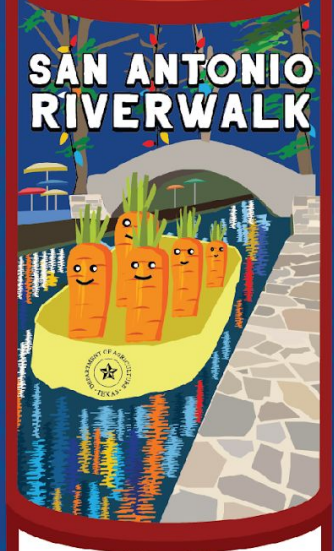


Promesa Academy - Breakfast

DEC

MENU 2023



Key Terms:
 WG = Whole Grain
 WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Raspberry Cereal Bar
 WW Animal Cracker
 Diced Pear Cup
 100% Grape Juice
 Milk

4TH
 WW Pancakes
 Cinn/Raisin Peaches
 Milk
 (Syrup)

5TH
 Cereal: WG Trix Cereal
 Mozzarella String Cheese
 Fresh Banana
 Milk

6TH
 WW Biscuit
 Assorted Jelly
 Pineapple Tidbit Cup
 100% Grape Juice
 Milk

7TH **Fruit & Yogurt Plate**
 Vanilla Yogurt
 Granola
 Mixed Berries
 100% Orange Juice
 Milk

8TH
 WG Blueberry Poptart
 Mixed Fruit Cup
 100% Apple Juice
 Milk

11TH **Breakfast Sandwich**
 Egg Patty w/ Cheese
 On WW English Muffin
 Pineapple Tidbit Cup
 100% Apple Juice
 Milk

12TH
 Cereal: WG Cheerios
 Cinnamon Goldfish
 Crackers
 Fresh Banana
 Milk

13TH
 Blueberry Cereal Bar
 Mozzarella String Cheese
 Diced Pear Cup
 100% Grape Juice
 Milk

14TH
 WG Waffle
 Cinn/Raisin Peaches
 100% Apple Juice
 Milk
 (Syrup)

15TH **Breakfast Pizza**
 WG Turkey Sausage Pizza
 Mixed Fruit Cup
 100% Orange Juice
 Milk

18TH

19TH

20TH

21ST

22ND

CHRISTMAS BREAK

25TH

26TH

27TH

28TH

29TH



Food and Nutrition Division
 National School Lunch Program

TEXAS DEPARTMENT OF AGRICULTURE
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Promesa Academy - Lunch

MONDAY

TUESDAY

WEDNESDAY

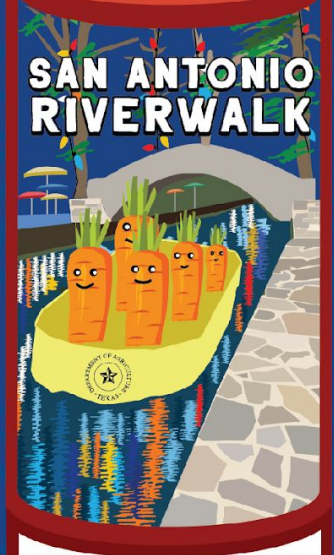
THURSDAY

FRIDAY

Y

					1 ST Chicken Parmesan Breaded Chicken Patty w/ Cheese & Spaghetti Sauce WW Spaghetti Steamed Broccoli Buttered Yellow Squash Applesauce Cup Milk
4 TH WG Cheese Ravioli Spaghetti Sauce WW Roll Green Beans Black-Eyed Peas Fresh Orange Wedges Milk	5 TH Breaded Steak Fingers Mashed Potatoes Normandy Veggie Blend Diced Pear Cup Milk (Ketchup)	6 TH Cheeseburger on WW Hamburger Bun Tater Tots Buttered Carrots Fresh Orange Wedges Milk (Ketchup; Mustard)	7 TH Papa John's Pizza WW Cheese or Pepperoni Pizza Baby Carrots Side Salad Applesauce Cup Milk (FF Ranch Dressing)	8 TH Chicken Penne Alfredo on WG Penne Steamed Broccoli Roasted Sweet Potato Fresh Orange Wedges Milk	
11 TH Spaghetti & Beef Meatballs on WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges Milk	12 TH Taco Tuesday Ground Turkey & Cheese w/ WW Tortilla Lettuce/Tomato Cup Pinto Beans Diced Peach Cup Milk	13 TH Christmas Meal Sliced Turkey w/ LS Gravy Mashed Potatoes Garlic Green Beans WW Roll & Pumpkin Pie Fresh Orange Wedges Milk	14 TH Papa John's Pizza WW Cheese or Pepperoni Pizza Baby Carrots Side Salad Applesauce Cup Milk (FF Ranch Dressing)	15 TH WG Mini Corn Dogs Steamed Corn Italian Veggie Blend Fresh Orange Wedges Milk (Ketchup; Mustard)	
18 TH	19 TH	20 TH	21 ST	22 ND	
<h1>CHRISTMAS BREAK</h1>					
25 TH	26 TH	27 TH	28 TH	29 TH	

DEC MENU 2023



Key Terms:
LS = Low Sodium
WG = Whole Grain
WW = Whole Wheat



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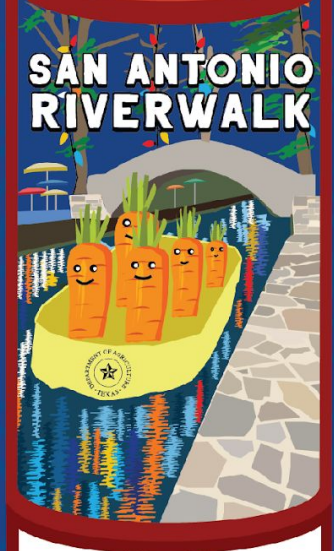


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Promesa Academy - Snack

DEC

MENU 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ST Cheddar Rectangle (2) Cinnamon Goldfish Crackers
4 TH 100% Orange Juice Mozzarella String Cheese	5 TH Baby Carrots Honey Graham Crackers (2)	6 TH 100% Orange Juice WG Cheddar Goldfish	7 TH Multi-Grain Sun Chips Fresh Banana	8 TH Fruit Yogurt Cup Granola Packet
11 TH Multi-Grain Sun Chips 100% Orange Juice	12 TH Mozzarella String Cheese Honey Graham Crackers (2)	13 TH Cheddar Rectangle (2) WW Animal Crackers	14 TH Fresh Banana Cinn. Goldfish Crackers	15 TH Strawberry Chex Mix 100% Orange Juice
18 TH	19 TH	20 TH	21 ST	22 ND
<h1>CHRISTMAS BREAK</h1>				
25 TH	26 TH	27 TH	28 TH	29 TH



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