

Promesa Academy - Breakfast

MONDAY

TUESDAY

WEDNESDA

THURSDAY

FRIDAY

Y

1ST
WG Strawberry Poptart
Mandarin Orange Cup
100% Apple Juice
Milk

4TH
WW French Toast Sticks
Cinn/Raisin Peaches
Milk
(Syrup)

5TH
Cereal: WG Cinnamon
Toasters
Honey Graham Crackers
Fresh Banana
Milk

6TH **Breakfast Sandwich**
Turkey Sausage Patty
WW English Muffin
Cinn/Raisin Apples
100% Orange Juice
Milk

7TH **Breakfast Tacos – 2**
Bean & Cheese on
WW Tortilla
Mixed Fruit Cup
100% Apple Juice
Milk

8TH
Raspberry Cereal Bar
WW Animal Cracker
Diced Pear Cup
100% Grape Juice
Milk

11TH

12TH

SPRING BREAK

13TH

14TH

15TH

18TH
WW Pancakes
Cinn/Raisin Peaches
Milk
(Syrup)

19TH
Cereal: WG Trix Cereal
Mozzarella String Cheese
Fresh Banana
Milk

20TH
WW Biscuit
Assorted Jelly
Pineapple Tidbit Cup
100% Grape Juice
Milk

21ST **Fruit & Yogurt Plate**
Vanilla Yogurt
Granola
Mixed Berries
100% Orange Juice
Milk

22ND
WG Blueberry Poptart
Mixed Fruit Cup
100% Apple Juice
Milk

25TH **Breakfast Sandwich**
Egg Patty w/ Cheese
On WW English Muffin
Pineapple Tidbit Cup
100% Apple Juice
Milk

26TH
Cereal: WG Cheerios
Cinnamon Goldfish
Crackers
Fresh Banana
Milk

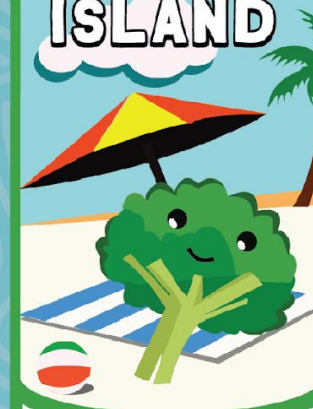
27TH
Blueberry Cereal Bar
Mozzarella String Cheese
Diced Pear Cup
100% Grape Juice
Milk

28TH
CLOSED
STAFF DAY

29TH
CLOSED
GOOD FRIDAY

MAR
MENU 2024

PADRE ISLAND



Key Terms:
WG = Whole Grain
WW = Whole Wheat



Food and Nutrition Division
National School Lunch Program

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 3/1/2024
www.SquareMeals.org

MONDAY

TUESDAY

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THURSDAY

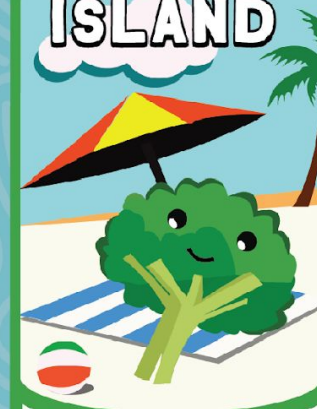
FRIDAY

Y

MAR

MENU 2024

PADRE ISLAND



1ST Sweet & Sour Chicken
 WG Chicken Nuggets w/ Sweet & Sour Sauce over Steamed Brown Rice Mixed Veggie Blend Seasoned Zucchini Fresh Orange Wedges Milk

4TH Breaded Chicken Tenders
 Green Beans Potatoes Au Gratin Pineapple Tidbit Cup Milk (Ketchup)

5TH Turkey Sloppy Joes on WW Hamburger Bun
 Oven Fries Steamed Carrots Fresh Orange Wedges Milk (Ketchup)

6TH Cheese Enchiladas w/ Ranchero Sauce
 Mexicali Corn Pinto Beans Mandarin Orange Cup Milk

7TH Pizza Day
 WG Cheese Pizza Baby Carrots Side Salad Fresh Orange Wedges Milk (FF Ranch Dressing)

8TH Chicken Parmesan
 Breaded Chicken Patty w/ Cheese & Spaghetti Sauce WW Spaghetti Steamed Broccoli Buttered Yellow Squash Applesauce Cup Milk

11TH

12TH

3RD SPRING BREAK

1ST

15TH

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

18TH WG Cheese Ravioli
 Spaghetti Sauce WW Roll Green Beans Black-Eyed Peas Fresh Orange Wedges Milk

19TH Breaded Steak Fingers
 Mashed Potatoes Normandy Veggie Blend Diced Pear Cup Milk (Ketchup)

20TH Cheeseburger on WW Hamburger Bun
 Tater Tots Buttered Carrots Fresh Orange Wedges Milk (Ketchup; Mustard)

21ST Pizza Day
 WG Cheese Pizza Baby Carrots Side Salad Diced Peach Cup Milk (FF Ranch Dressing)

22ND Southwest Chicken
 Fajita Taco w/ Cheese On WW Tortilla Pinto Beans Steamed Corn Diced Peach Cup Milk

25TH Spaghetti & Beef
 Meatballs on WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges Milk

26TH Taco Tuesday
 Ground Turkey & Cheese w/ WW Tortilla Lettuce/Tomato Cup Pinto Beans Diced Peach Cup Milk

27TH Turkey Hot Dog on WW Hot Dog Bun
 Sweet Potato Tots Green Beans Fresh Orange Wedges Milk (Ketchup; Mustard)

28TH CLOSED
STAFF DAY

29TH CLOSED
GOOD FRIDAY



Promesa Academy - Snack

MONDAY

TUESDAY

**WEDNESDA
Y**

THURSDAY

FRIDAY

1ST

Baby Carrots
Multi-Grain Sun Chips

4TH

WW Animal Cracker
Mozzarella String Cheese

5TH

Granola Packet
Fruit Yogurt Cup

6TH

WG Cheddar Goldfish
100% Orange Juice

7TH

Strawberry Chex Mix
Fresh Banana

8TH

Cheddar Rectangle (2)
Cinnamon Goldfish
Crackers

11TH

12TH

SPRING BREAK

13TH

14TH

15TH

18TH

100% Orange Juice
Mozzarella String Cheese

19TH

Baby Carrots
Honey Graham
Crackers (2)

20TH

100% Orange Juice
WG Cheddar Goldfish

21ST

Multi-Grain Sun Chips
Fresh Banana

22ND

Fruit Yogurt Cup
Granola Packet

25TH

Mozzarella String
Cheese
Honey Graham
Crackers (2)

26TH

Mozzarella String
Cheese
Honey Graham
Crackers (2)

27TH

Cheddar Rectangle (2)
WW Animal Crackers

28TH

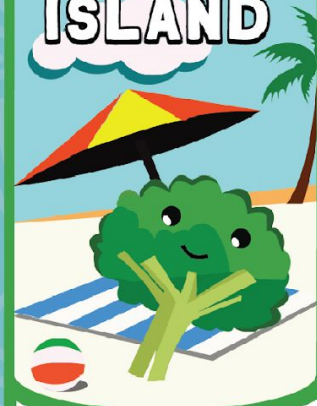
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STAFF DAY**

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GOOD FRIDAY**

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MENU 2024

**PADRE
ISLAND**



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