

Promesa Academy - Breakfast

APR

MENU 2024

PALO DURO CANYON



Key Terms:
 WG = Whole Grain
 WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

2ND
 Cereal: WG Frosted Flakes
 Mozzarella String Cheese
 Fresh Banana
 Milk

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

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

5TH
 WG Strawberry Poptart
 Mandarin Orange Cup
 100% Apple Juice
 Milk

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

9TH
 Cereal: WG Cinnamon
 Toasters
 Honey Graham Crackers
 Fresh Banana
 Milk

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

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

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

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

16TH
 Cereal: WG Trix Cereal
 Mozzarella String Cheese
 Fresh Banana
 Milk

17TH
 WW Biscuit
 Assorted Jelly
 Pineapple Tidbit Cup
 100% Grape Juice
 Milk

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

19TH
 WG Blueberry Poptart
 Mixed Fruit Cup
 100% Apple Juice
 Milk

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

23RD
 Cereal: WG Cheerios
 Cinnamon Goldfish
 Crackers
 Fresh Banana
 Milk

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

25TH
 Fruit Yogurt Cup
 Honey Graham Crackers
 Raisins
 100% Orange Juice
 Milk

26TH
CLOSED
BATTLE OF FLOWERS

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

30TH
 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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www.SquareMeals.org

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

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

2ND Lemon Herb Chicken
 WW Roll
 Pinto Beans
 Buttered Carrots
 Fresh Whole Fruit
 Milk

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

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

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

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

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

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

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

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

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

16TH **STAAR Testing**
 (sack lunch)

17TH **STAAR Testing**
 (sack lunch)

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

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

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

23RD **STAAR Testing**
 (sack lunch)

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

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

26TH **CLOSED**
BATTLE OF FLOWERS

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

30TH **STAAR Testing**
 (sack lunch)



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Promesa Academy - Snack

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WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST

Honey Graham
Crackers (2)
100% Orange Juice

2ND

WG Cheddar Goldfish
Cheddar Rectangle (2)

3RD

Mozzarella String Cheese
Cinnamon Goldfish
Crackers

4TH

WW Animal Cracker
Sunbutter Cup

5TH

Baby Carrots
Multi-Grain Sun Chips

8TH

WW Animal Cracker
Mozzarella String Cheese

9TH

Granola Packet
Fruit Yogurt Cup

10TH

WG Cheddar Goldfish
100% Orange Juice

11TH

Strawberry Chex Mix
Fresh Banana

12TH

Cheddar Rectangle (2)
Cinnamon Goldfish
Crackers

15TH

100% Orange Juice
Mozzarella String Cheese

16TH

Baby Carrots
Honey Graham
Crackers (2)

17TH

100% Orange Juice
WG Cheddar Goldfish

18TH

Multi-Grain Sun Chips
Fresh Banana

19TH

Fruit Yogurt Cup
Granola Packet

22ND

Multi-Grain Sun Chips
100% Orange Juice

23RD

Mozzarella String
Cheese
Honey Graham
Crackers (2)

24TH

Cheddar Rectangle (2)
WW Animal Crackers

25TH

Fresh Banana
Cinn. Goldfish Crackers

26TH

CLOSED
BATTLE OF FLOWERS

29TH

Honey Graham
Crackers (2)
100% Orange Juice

30TH

WG Cheddar Goldfish
Cheddar Rectangle (2)



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