

August 2024 | Promesa Academy - Breakfast



Announcements:

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bell Peppers Season in Texas: May - June; August - November Did you know? The longer a bell pepper is left to ripen, the sweeter it becomes</p>				<p>1</p>
<p>5 WW French Toast Sticks Cinn/Raisin Peaches (Syrup)</p>	<p>6 WG Cinnamon Toasters Honey Graham Crackers Fresh Banana</p>	<p>7 Breakfast Sandwich Turkey Sausage Patty WW English Muffin Cinn/Raisin Apples 100% Orange Juice</p>	<p>8 Breakfast Tacos – 2 Bean & Cheese on WW Tortilla Mixed Fruit Cup 100% Apple Juice</p>	<p>9 Raspberry Cereal Bar WW Animal Cracker Diced Pear Cup 100% Grape Juice</p>
<p>12 Breakfast Sandwich Turkey Canadian Bacon w/ Sliced Cheese WG Bagel Cinn/Raisin Apples</p>	<p>13 WG Frosted Flakes Mozzarella String Cheese Fresh Banana</p>	<p>14 WG Waffles Cinn/Raisin Peaches 100% Orange Juice (Syrup)</p>	<p>15 Fruit & Yogurt Plate Vanilla Yogurt Granola Diced Mango 100% Grape Juice</p>	<p>16 WG Strawberry Poptart Mandarin Orange Cup 100% Apple Juice</p>
<p>19 Breakfast Sandwich Egg Patty w/ Cheese On WW English Muffin Pineapple Tidbit Cup 100% Apple Juice</p>	<p>20 WG Trix Cereal Cinnamon Goldfish Crackers Fresh Banana</p>	<p>21 Blueberry Cereal Bar Mozzarella String Cheese Applesauce Cup 100% Grape Juice</p>	<p>22 WG Waffles Cinn/Raisin Peaches 100% Apple Juice (Syrup)</p>	<p>23 Breakfast Pizza WG Turkey Sausage Pizza Mixed Fruit Cup 100% Orange Juice</p>
<p>26 WW Pancakes Cinn/Raisin Peaches (Syrup)</p>	<p>27 WG Cocoa Puffs Mozzarella String Cheese Fresh Banana</p>	<p>28 WG Banana Muffin Pineapple Tidbit Cup 100% Grape Juice</p>	<p>29 Fruit & Yogurt Plate Vanilla Yogurt Granola Mixed Berries 100% Orange Juice</p>	<p>30 WG Blueberry Poptart Mixed Fruit Cup 100% Apple Juice</p>

Key Terms:
WG = Whole Grain
WW = Whole Wheat

Available Milk Flavor:
1% White Milk
Skim White Milk



Milk & Cutlery Kit Included



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024
National School Lunch Program

August 2024 | Promesa Academy - Lunch



Announcements:

Key Terms:
 WG = Whole Grain
 WW = Whole Wheat

Available Milk Flavor:
 1% White Milk
 Skim White Milk



Milk & Cutlery Kit Included

*Contains Pork;
 Substitutes available if needed

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bell Peppers Season in Texas: May - June; August - November Did you know? The longer a bell pepper is left to ripen, the sweeter it becomes</p>			1	2
5 Breaded Chicken Tenders Green Beans Potatoes Au Gratin Applesauce Cup (Ketchup)	6 Chicken Parmesan over WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges	7 Turkey Sloppy Joes on WW Hamburger Bun Oven Fries Steamed Carrots Fresh Apple (Ketchup)	8 WG Pepperoni Pizza* Baby Carrots Side Salad Mandarin Orange Cup (FF Ranch Dressing)	9 Cheese Enchiladas w/ Ranchero Sauce Mexicali Corn Pinto Beans Fresh Orange Wedges
12 Breaded Chicken Nuggets Mashed Potatoes Broccoli w/ Cheese Fresh Orange Wedges (Ketchup; Mustard)	13 Salisbury Steak w/ LS Brown Gravy over WW Egg Noodles Mixed Veggie Blend Seasoned Zucchini Mixed Fruit Cup	14 WW Spaghetti & Turkey Meat Sauce Seasoned Cauliflower Capri Veggie Blend Fresh Apple	15 WG Pepperoni Pizza* Cucumber Slices Side Salad Applesauce Cup (FF Ranch Dressing)	16 Lemon Herb Chicken WW Roll Pinto Beans Buttered Carrots Fresh Orange Wedges
19 WG Mini Corn Dogs Steamed Corn Italian Veggie Blend Fresh Orange Wedges (Ketchup; Mustard)	20 Taco Tuesday Turkey & Cheese w/ WW Tortilla Lettuce/Tomato Cup Pinto Beans Diced Peach Cup	21 Turkey Hot Dog on WW Hot Dog Bun Sweet Potato Tots Green Beans Fresh Apple (Ketchup; Mustard)	22 WG Pepperoni Pizza* Baby Carrots Side Salad Diced Pear Cup (FF Ranch Dressing)	23 Beef Meatballs on WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges
26 Breaded Steak Fingers Mashed Potatoes Normandy Veggie Blend Diced Pear Cup (Ketchup)	27 Chicken Penne Alfredo on WG Penne Steamed Broccoli Roasted Sweet Potato Fresh Orange Wedges	28 Cheeseburger on WW Hamburger Bun Tater Tots Buttered Carrots Fresh Apple (Ketchup; Mustard)	29 WG Pepperoni Pizza* Cucumber Slices Side Salad Applesauce Cup (FF Ranch Dressing)	30 WG Cheese Ravioli Spaghetti Sauce WW Roll Green Beans Black-Eyed Peas Fresh Orange Wedges



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024
 National School Lunch Program