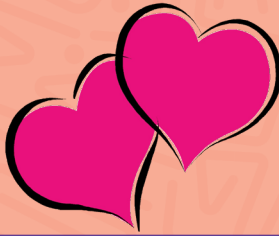


HIGH SCHOOL, MIDDLE SCHOOL, INTERMEDIATE & CHANDLER

MONDAY



TUESDAY



WEDNESDAY

February is heart health month. A healthy heart starts with a breakfast that includes whole grains, lean proteins, fruit and vegetables.
#BeHeartSmart
#EatBreakfast

THURSDAY

1ST Entree choice
Big K breakfast sand 27g
Cereal variety 49g
Fruit/Vegetable choice
Applesauce 15g

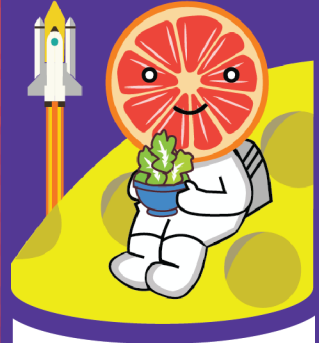
FRIDAY

2ND Entree choice
Chorizo scrambled eggs 3g served w/corn tortillas (3) 23g
Cereal variety 49g
Fruit/Vegetable choice
Fruit cocktail 15g

FEB

MENU 2024

JOHNSON SPACE CENTER



ANNOUNCEMENTS:

Water is available at every meal
Beverage
Org juice (4oz) 13g
Apple (4oz)-14g
1% white (8oz)-12g
FF chocolate (8oz)-23g
FF strawberry (8oz) 22g
Condiments (1each)
Grape jelly-9g, ketchup-3g
Maple syrup-31g, salsa 1g

5TH Entree choice
Sausage 1g w biscuit 26g
Cereal variety 49g
Fruit/Vegetable choice
Diced pears 19g

6TH Entree choice
Cinnamon roll 29g
Cereal variety 49g
Fruit/Vegetable choice
Pineapple tidbits 18g

7TH Entree choice
Org-49g, Apple-49g w/bacon 0.34g
Cereal variety 49g
Fruit/Vegetable choice
Diced peaches 17g

8TH Entree choice
Sausage pancake sam 16g
Cereal variety 49g
Fruit/Vegetable choice
Applesauce 15g

9TH Entree choice
Bfast uncrustable 16g (sausage/egg/cheese)
Cereal variety 49g
Fruit/Vegetable choice
Fruit cocktail 15g

12TH Entree choice
Chicken chunks 15g
Served with mini waffles 35g
Cereal variety 49g
Fruit/Vegetable choice
Diced pears 19g

13TH Entree choice
Breakfast quesadilla 21g
Cereal variety 49g
Fruit/Vegetable choice
Pineapple tidbits 18g

14TH Entree choice
Eggogi waffles (2) 28g
Served w/strawberries 1/2 c 38g & whipped cream 2Tbsp-2g
Cereal variety 49g
Fruit/Vegetable choice
Diced peaches 17g

15TH Entree choice
Sausage croissant sam 28g
Cereal variety 49g
Fruit/Vegetable choice
Applesauce 15g

16TH Entree choice
Strawberry fields prft 52g served w/grahams 1pkg=21g
Cereal variety 49g
Fruit/Vegetable choice
Fruit cocktail 15g

19TH
PRESIDENTS DAY HOLIDAY!
NO SCHOOL!

20TH Entree choice
Breakfast tacos (2) 31g
Cereal variety 49g
Fruit/Vegetable choice
Pineapple tidbits 18g

21ST Entree choice
Blueberry muffin 38.5g w/bacon 0.34g
Cereal variety 49g
Fruit/Vegetable choice
Diced peaches 17g

22ND Entree choice
Big K breakfast sand 27g
Cereal variety 49g
Fruit/Vegetable choice
Applesauce 15g

23RD Entree choice
Chorizo scrambled eggs 3g served w/corn tortillas (3) 23g
Cereal variety 49g
Fruit/Vegetable choice
Fruit cocktail 15g

26TH Entree choice
Sausage 1g w biscuit 26g
Cereal variety 49g
Fruit/Vegetable choice
Diced pears 19g

27TH Entree choice
Cinnamon roll 29g
Cereal variety 49g
Fruit/Vegetable choice
Pineapple tidbits 18g

28TH Entree choice
Eggogi waffles (2) 28g w/bacon 0.34g
Cereal variety
Fruit/Vegetable choice
Diced peaches 17g

29TH Entree choice
Sausage pancake sam 16g
Cereal variety 49g
Fruit/Vegetable choice
Applesauce 15g



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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