

January 2025

Pharr-San Juan-Alamo ISD 6th - 8th Breakfast & Lunch Menu



Announcements:

Choices of Low Fat or Skim Milk (flavored & unflavored) offered daily.
Assorted 100% Juice & Fruit offered daily for Breakfast.



*Menu is subject to change without notice due to deliveries and nation-wide shortages

REV. 2
12/6/24

Monday

Tuesday

Wednesday

Thursday

Friday

Oranges

Season in Texas: September - April

Did you know?

Like cantaloupes, oranges won't ripen once they're picked



6
Staff Development Day

7 BREAKFAST POCKET(S) OR UBR(S), RAISELS(S)
ARTISAN CHICKEN TENDERS(S) W/ DINNER ROLL(S) OR CORN DOG(S)
MASHED POTATOES(G), CHEESY BROCCOLI(G)
CARROT COINS(G)
PEACH POP(G)
MIXED FRUIT CUP(S)
KETCHUP/MUSTARD

8 CONFETTI PANCAKES(S) OR CEREAL(S), SYRUP(S), FRESH BANANA(G)
WALKING TACO(S)
CHEESE SAUCE CUP(S) OR HAM & CHEESE DELI SANDWICH W/ BAKED CHIPS(S)
RANCH STYLE BEANS(G)
LETTUCE & TOMATO SALAD(G)
CUCUMBER SLICES(G)
FRESH ORANGE WEDGES(G), DICED PEARS(S)
LF DRESSING/TAJIN

9 APPLE FRUDEL(S) OR UBR(S), DICED PEACH CUP(G)
TURKEY ALFREDO PASTA W/ GARLIC BREAD STICK(S) OR BEAN & CHEESE BURRITO(S)
BABY CARROTS(G), STEAMED ZUCCHINI(G)
PINEAPPLE TIDBITS(S)
WATERMELON CUBES(G)
KETCHUP
LF DRESSING

10 WARM TAMALES(S), CHOLULA SAUCE(S) OR CEREAL(S), APPLESAUCE CUP(G)
HAMBURGER/CHEESEBURGER(S) OR CHEESY PULL - APARTS(S)
MARINARA SAUCE(G)
TATOR TOTS(G), SIDE SALAD(G)
CHERRY MIXED FRUIT(G)
ASSORTED FRESH FRUIT(G)
LF DRESSING/KETCHUP/MAYO/MUSTARD

13 FRENCH TOAST STICKS(S), SYRUP(S) OR CEREAL(S), RAISELS(S)
ORANGE CHICKEN(S) W/ STEAMED RICE(G) OR BEAN & CHEESE BURRITO(S)
STEAMED BROCCOLI(G)
CARROT COINS(G)
MANDARIN ORANGES(S)
FRESH APPLE (G)
KETCHUP/LF DRESSING

14 LOW-FAT YOGURT & CEREAL BAR(S), OR UBR(S), APPLESAUCE CUP(G)
OVEN BAKED MEZQUITE CHICKEN(S)
DINNER ROLL(S) OR, CORN DOG(S)
MAC & CHEESE(S)
TOSSED SALAD(G), FIRE ROASTED CORN(G)
PEACH POP(G)
MIXED FRUIT CUP(S)
LF DRESSING/
KETCHUP/MUSTARD/MAYO

15 MINI CINNIS(S), OR CEREAL(S), FRESH BANANA(G)
STEAK FINGERS W/ DINNER ROLL(S) OR HAM & CHEESE DELI SANDWICH W/ BAKED CHIPS(S)
MASHED POTATOES(S), BABY CARROTS(S)
FRESH GRAPES(G)
DICED PEARS(S)
LF DRESSING/
MAYO/MUSTARD/KETCHUP

16 EGGO MINI WAFFLES(S), SYRUP(S) OR UBR(S), FRESH APPLE(G)
HOT DOG(S) OR LOADED BAKED POTATO(S)
(CHICKEN FAJITAS), SUN CHIPS(S)
RANCH STYLE BEANS(G), CHEESY CAULIFLOWER(G)
JUICE RUSH CUP(G)
PINEAPPLE TIDBITS(S)
KETCHUP/MAYO/MUSTARD, BUTTER CUP, SOUR CREAM

17 MORNING SAUSAGE ROLL(S) OR CEREAL(S), APPLESAUCE CUP(G)
PIZZA & WINGS(S) OR CORN DOG(S)
BABY CARROTS(G)
CUCUMBER SLICES(G)
CHERRY MIXED FRUIT(G)
ASSORTED FRESH FRUIT(G)
LF DRESSING/KETCHUP/MUSTARD/TAJIN

20 BREAKFAST POCKET(S) OR CEREAL(S) RAISELS(S)
CHICKEN SMACKERS W/ DINNER ROLL(S) OR BEAN & CHEESE BURRITO(S)
MASHED POTATOES(G)
BABY CARROTS(G)
FRESH APPLE(G)
MANDARIN ORANGES(S)
KETCHUP/LF DRESSING

21 LOW-FAT YOGURT & CEREAL BAR(S), OR UBR(S), APPLESAUCE CUP(G)
HAMBURGER/CHEESEBURGER(S) OR CORN DOG(S)
CRINKLE CUT FRIES(S)
SIDE SALAD(G)
CELERY STICKS(G)
FRESH ORANGE WEDGES(G)
CHERRY MIXED FRUIT(G)
MAYO/MUSTARD/KETCHUP/LF DRESSING

22 BREAKFAST MUFFIN W/ CHEESE STICK(S) OR CEREAL(S), FRESH BANANA(G)
CRISPY BEEF TACOS(S)
SHREDDED CHEESE(G) OR HAM & CHEESE DELI SANDWICH W/ BAKED CHIPS(S)
SOPA DE FIDEO(G)
CABBAGE & TOMATO SALAD W/ LEMON WEDGE(G), CHARRO BEANS(G)
PEACH POP(G), DICED PEARS(S)
MAYO/MUSTARD/KETCHUP

23 APPLE FRUDEL(S) OR UBR(S), FRESH PEACH CUP(G)
HICKORY SMOKED PULLED PORK SANDWICH(S) OR, CORN DOG(S)
GOLDEN CORN(G), CHEESY BROCCOLI(G)
PICKLE SPEARS(S)
CANTALOUPE CHUNKS(G) OR PINEAPPLE TIDBITS(S)
KETCHUP/MUSTARD/MAYO/LF DRESSING

24 WARM TAMALES(S), CHOLULA SAUCE(S) OR CEREAL(S) APPLESAUCE CUP(G)
CHEESY FRENCH BREAD(S) OR CHICKEN POPPERS W/ DINNER ROLL(S)
MARINARA SAUCE(G)
BABY CARROTS(G)
CUCUMBER SLICES(G)
100% FRUIT JUICE SLUSH(G)
ASSORTED FRESH FRUIT(G)
KETCHUP/MUSTARD/LF DRESSING/TAJIN

27 FRENCH TOAST STICKS(S), SYRUP(S) OR CEREAL(S), RAISELS(S)
ORANGE CHICKEN(S) W/ STEAMED RICE(G) OR BEAN & CHEESE BURRITO(S)
STEAMED CAULIFLOWER(G)
CARROT COINS(G)
MANDARIN ORANGES(S)
FRESH APPLE (G)
KETCHUP/LF DRESSING

28 EGGO MINI WAFFLES(S), SYRUP(S) OR UBR(S), APPLESAUCE CUP(G)
ARTISAN CHICKEN TENDERS(S) W/ DINNER ROLL(S) OR CORN DOG(S)
MASHED POTATOES(G)
CHEESY BROCCOLI(G)
WATERMELON CUBES(G)
MIXED FRUIT CUP(S)
KETCHUP/LF DRESSING

29 MINI CINNIS(S) OR CEREAL(S), FRESH BANANA(G)
FRITO PIE(S)
CHEESE SAUCE CUP(S) OR HAM & CHEESE DELI SANDWICH W/ BAKED CHIPS(S)
RANCH STYLE BEANS(G)
LETTUCE & TOMATO SALAD(G)
PEACH POP(G), DICED PEARS(S)
LF DRESSING/
MAYO/MUSTARD/KETCHUP

30 LOW-FAT YOGURT & CEREAL BAR(S) OR UBR(S), FRESH APPLE(G)
TURKEY ALFREDO PASTA W/ GARLIC BREAD STICK(S) OR SPICY CHICKEN SANDWICH(S)
CALIFORNIA BLEND VEGGIES(G), CRANBERRY KALE SALAD(G)
FRESH ORANGE WEDGES(G)
PINEAPPLE TIDBITS(S)
DRESSING/GOLDEN ITALIAN DRESSING

31 MORNING SAUSAGE ROLL(S) OR CEREAL(S), APPLESAUCE CUP(G)
PEPPERONI PIZZA(S) OR CORN DOG(S)
BABY CARROTS(G)
CUCUMBER SLICES(G)
CHERRY MIXED FRUIT(G)
ASSORTED FRESH FRUIT(G)
LF DRESSING/KETCHUP/MUSTARD/TAJIN



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 6/6/2024
National School Lunch Program