

Garcia Intermediate - Breakfast

JAN MENU 2024

BIG BEND STATE PARK



Key Terms:
WG = Whole Grain
WW = Whole Wheat

MONDAY

1ST
CHRISTMAS BREAK

TUESDAY

2ND
CHRISTMAS BREAK

WEDNESDAY

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

THURSDAY

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

FRIDAY

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
WW Pancakes
Cinn/Raisin Apples
Milk
(Syrup)

12TH WG Cinnamon Poptart
WW Animal Cracker
Mixed Fruit Cup
100% Grape Juice
Milk

15TH
**CLOSED
MLK DAY**

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

17TH
WG Strawberry Poptart
Mandarin Orange Cup
100% Apple Juice
Milk

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

19TH
**CLOSED
STAFF DAY**

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
WW Pancakes
Cinn/Raisin Apples
100% Grape Juice
Milk
(Syrup)

25TH **Fruit & Yogurt Plate**
Vanilla Yogurt
Granola
Mixed Fruit
100% Orange Juice
Milk

26TH
WG Waffle
Cinn/Raisin Peaches
100% Apple Juice
Milk
(Syrup)

29TH **Breakfast Sandwich**
Turkey Canadian Bacon
w/ Cheese on WG Biscuit
Cinn/Raisin Apples
Milk

30TH
Cereal: WG Frosted
Flakes
Mozzarella String Cheese
Fresh Banana
Milk

31ST
WG Waffle
Cinn/Raisin Peaches
100% Grape Juice
Milk
(Syrup)



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Garcia Intermediate - Lunch

JAN MENU 2024

BIG BEND STATE PARK



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

MONDAY

1ST
CHRISTMAS BREAK

TUESDAY

2ND
CHRISTMAS BREAK

WEDNESDAY

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

THURSDAY

4TH **Papa John's Pizza**
 WW Cheese or Pepperoni Pizza
 Baby Carrots
 Side Salad
 Fresh Whole Fruit
 Milk
 (FF Ranch Dressing)

FRIDAY

5TH **Sack Lunches – Early Release**
 Sliced Turkey
 Sliced Cheese
 WW Bread
 Celery Sticks
 Fresh Orange Wedges
 Milk
 (FF Ranch Dressing)

8TH **Breaded Chicken Tenders**
 Green Beans
 Potatoes Au Gratin
 Fresh Whole Fruit
 Milk
 (Ketchup)

9TH **Turkey Sloppy Joes on WW Hamburger Bun**
 Oven Fries
 Steamed Carrots
 Fresh Whole Fruit
 Milk
 (Ketchup)

10TH **Beef & Bean Burrito**
 Mexicali Corn
 Pinto Beans
 Fresh Whole Fruit
 Milk

11TH **Chicken Parmesan**
 Breaded Chicken Patty w/ Cheese & Spaghetti Sauce
 WW Spaghetti
 Steamed Broccoli
 Buttered Yellow Squash
 Fresh Whole Fruit
 Milk

12TH **Papa John's Pizza**
 WW Cheese or Pepperoni Pizza
 Baby Carrots
 Side Salad
 Fresh Whole Fruit
 Milk
 (FF Ranch Dressing)

15TH
CLOSED MLK DAY

16TH **Breaded Steak Fingers**
 Mashed Potatoes
 Normandy Veggie Blend
 Fresh Whole Fruit
 Milk
 (Ketchup)

17TH **Cheeseburger on WW Hamburger Bun**
 Tater Tots
 Buttered Carrots
 Fresh Whole Fruit
 Milk
 (Ketchup; Mustard)

18TH **Papa John's Pizza**
 WW Cheese or Pepperoni Pizza
 Baby Carrots
 Side Salad
 Fresh Whole Fruit
 Milk
 (FF Ranch Dressing)

19TH
CLOSED STAFF DAY

22ND **Spaghetti & Meatballs**
 Beef Meatballs & Sauce
 On WW Spaghetti
 Steamed Broccoli
 Buttered Yellow Squash
 Fresh Whole Fruit
 Milk

23RD **Taco Tuesday**
 Ground Turkey & Cheese w/ Crispy Taco Shells
 Lettuce/Tomato Cup
 Pinto Beans
 Steamed Brown Rice
 Fresh Whole Fruit
 Milk

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

25TH **WG Chicken Nuggets w/ Sweet & Sour Sauce over Steamed Brown Rice**
 Mixed Veggie Blend
 Seasoned Zucchini
 Fresh Whole Fruit
 Milk

26TH **Papa John's Pizza**
 WW Cheese or Pepperoni Pizza
 Baby Carrots
 Side Salad
 Fresh Whole Fruit
 Milk
 (FF Ranch Dressing)

29TH **WG Chicken Nuggets**
 Mashed Potatoes
 Broccoli w/ Cheese
 Fresh Whole Fruit
 Milk
 (Ketchup)

30TH **Lemon Herb Chicken WW Roll**
 Pinto Beans
 Buttered Carrots
 Fresh Whole Fruit
 Milk

31ST **Spaghetti & Meat Sauce**
 Ground Turkey & Sauce on WW Spaghetti
 Seasoned Cauliflower
 Capri Veggie Blend
 Fresh Whole Fruit
 Milk



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