

SONORA ISD BREAKFAST 2023

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:
• TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
BREAKFAST PIZZA
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

2
FRENCH TOAST / SAUSAGE
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

3
PANCAKE WRAP / YOGURT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

6
PANCAKES / BACON
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

7
BREAKFAST TAQUITO
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

8
SUNRISE SANDWICH
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

9
PB & J SANDWICHES
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

10
NO SCHOOL
TEACHER WORKDAY

13
KOLACHE / YOGURT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

14
VALENTINE'S DAY
SAUSAGE, EGG, CHS, BISCUIT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

15
BREAKFAST PARFAIT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

16
BREAKFAST PIZZA
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

17
SAUSAGE & BISCUIT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

20
PB & JELLY SANDWICH
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

21
MONTE CRISTO SANDWICH
(FRENCH TOAST, HAM, CHEESE)
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

22
ASH WEDNESDAY
BREAKFAST PARFAIT
PRE-K MUFFIN / YOGURT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

23
CHICKEN & BISCUIT
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

24
APPLE STRUDEL / CHEESE STICK
PRE-K OATMEAL / CINN TOAST
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

27
MUFFIN / CHEESE STICK
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety

28
FRENCH TOAST / SAUSAGE
or
Cereal / Crackers
100% Fruit Juice
Fruit
Milk Variety



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
National School Lunch Program



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