

EVERYDAY BREAKFAST
2nd CHOICE Cereal & side
 Cinnamon Toast Crunch
 Lucky Charms • Honey Nut Cheerios

when Cereal is on the menu for Pre-K, they will be served the highlighted choice



FRIONA — Pre-K & Elementary January 4 – February 11

Menu is subject to change without notice and substitutions may be made based on availability and seasonality of food items.

Breakfast items are listed in orange italics. Lunch entrée choices are listed below in bold type. Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week. Straight-serve items for Pre-K students is highlighted in yellow. All Pre-K menus are served with white skim milk.

FRIONA ISD 2021/2022

BREAKFAST

Student no charge
 Faculty/Staff \$2.75

LUNCH

Student no charge
 Faculty/Staff \$4.50

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.

MONDAY



JAN 3

TUESDAY

JAN 4

WEDNESDAY

JAN 5

THURSDAY

JAN 6

FRIDAY

JAN 7

Breakfast Sausage Pizza Cereal & String Cheese Chicken Drumstick & Roll Pizza Salad w/Roll Hamburger/Cheeseburger	Muffin & Yogurt Cereal & String Cheese Spaghetti w/Meatsauce Hot Dog Uncrustable w/String Cheese	Omelet & Sausage w/Toast Cereal & String Cheese Frito Chili Pie Chicken Nuggets & Roll Buffalo Chicken Salad w/Roll	Cinnamon Donut Cereal & String Cheese Cheese Pizza Stix w/Marinara Breaded Chicken Sandwich Uncrustable & String Cheese	Scooby Grahams & Yogurt Cereal & String Cheese Pepperoni Pizza Popcorn Chicken Salad w/Roll
Sausage & Cheese Biscuit Cereal & String Cheese Fish Bites w/Mac & Cheese Hamburger/Cheeseburger Bean Nacho Salad w/Roll	Breakfast Burrito Cereal & String Cheese Tator Tot Bowl w/Breadstick Hot Dog Uncrustable w/String Cheese	Scrambled Eggs & Potato Smiles Cereal & String Cheese Meatball Sub Chicken Nuggets & Roll Fruit Platter w/Roll	Biscuit Stick w/Gravy Cereal & String Cheese Chili Fries w/Roll Breaded Chicken Sandwich Grilled Cheese Sandwich	Scooby Grahams & Yogurt Cereal & String Cheese Cheese Pizza Chicken & Cheese Salad w/Roll
Egg & Cheese Biscuit Cereal & String Cheese Chicken Alfredo w/Breadstick Hamburger/Cheeseburger Buffalo Chicken Salad w/Roll	Cinnamon Roll Cereal & String Cheese Beef Nachos Hot Dog Ham & Cheese Sandwich	Frittata Cereal & String Cheese BBQ Pork Riblet on a Bun Chicken Nuggets & Roll Ham, Turkey & Cheese Salad w/Roll	Pancake-on-a-Stick Cereal & String Cheese Beef & Bean Burrito Breaded Chicken Sandwich Uncrustable & String Cheese	Egg & Sausage on a Bun Cereal & String Cheese Pepperoni Pizza Chicken Caesar Salad w/Roll
Breakfast Sausage Pizza Cereal & String Cheese Chicken Fried Steak & Country Gravy w/Roll Hamburger/Cheeseburger Pizza Salad w/Roll	Scooby Grahams & Yogurt Muffin & Yogurt Cereal & String Cheese Chicken Bowl w/Roll Hot Dog Ham & Turkey Sandwich	Scrambled Eggs & Potato Smiles Cereal & String Cheese Corn Dog Chicken Nuggets & Roll Popcorn Chicken Salad w/Roll	Waffles & Sausage Cereal & String Cheese Walking Tacos Breaded Chicken Sandwich Ham & Cheese Wrap	Student HOLIDAY
Student HOLIDAY	Pancake-on-a-Stick Cereal & String Cheese Grilled Cheese Sandwich Hot Dog Chicken Salad Sandwich	Bacon, Egg & Cheese Breakfast Taco Cereal & String Cheese Baked Potato w/Bacon & Cheese & Roll Chicken Nuggets & Roll Ranch Chicken Salad w/Roll	Cinnamon Donut Cereal & String Cheese Cheese Pizza Stix w/Marinara Breaded Chicken Sandwich Uncrustable & String Cheese	Scooby Grahams & Yogurt Cereal & String Cheese Pepperoni Pizza EARLY RELEASE

EVERYDAY SIDES (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli/Fresh or Steamed • Cantaloupe • Celery Sticks • Collard Greens/Steamed • Corn • Cucumber & Tomato Salad • Cucumber/Slices • French Fries • Grapes/Fresh • Green Beans • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mexican Rice • Mixed-Fruit Cup • Orange-Glazed Carrots • Orange • Peaches/Diced • Pears/Diced • Peas & Carrots • Pineapple Tidbits • Red Pepper Strips • Side Salad/Romaine • Sweet Potato Fries • Tater Tots • Tomato Wedges • Watermelon • Yellow Squash/Steamed • Zucchini/Fresh or Roasted • Apple Juice • Fruit Juice • Grape Juice • Orange Juice | **MILK** Skim Milk • Skim Chocolate Milk

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.



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 add funds and more!