

Karnack ISD Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH WW Pancakes or
Asst. Cereal
Cheese Sticks

7TH Breakfast Sandwich
or Asst. Cereal
Cheese Sticks

1ST Breakfast Pizza or
Asst. Cereal
Cheese Sticks

8TH Sausage Biscuit or
Asst. Cereal
Cheese Stick

2ND Chocolate Chip
French Toast Minis or
Asst. Cereal
Cheese Sticks

9TH Asst. Cereal
Cereal Bars
Pop-Tart
Cheese Sticks

3RD Asst. Muffins or
Asst. Cereal
Cheese Sticks

10TH
NO SCHOOL!!!

13TH Oatmeal
Sausage
Asst. Yogurt

14TH Asst. Muffins
Cereal
Cheese Sticks

15TH Breakfast Pizza
Asst. Cereal
Cheese Sticks

16TH Breakfast
Sandwich
or Asst. Cereal
Cheese Sticks

17TH Asst. Cereal
Cereal Bars
Pop-Tart
Cheese Sticks

20TH
No School!

21ST
No School!

22ND
No School!

23RD
No School!

24TH
No School!

27TH Mini Pancakes
Asst. Cereal
Cheese Sticks

28TH Bacon, Eggs &
Biscuit or
Asst. Cereal
Cheese Sticks

29TH Sausage
Hash Brown
Asst. Cereal
Cheese Sticks

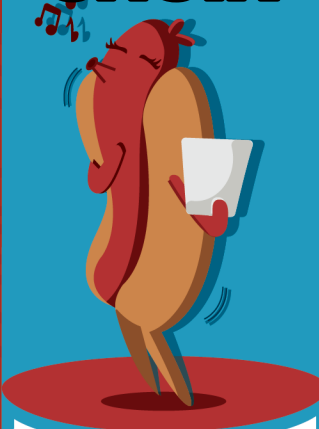
30TH Oatmeal
Sausage
Asst. Cereal
Cheese Sticks

31ST Honey Bun
Asst. Cereal
Cheese Sticks

MAR

MENU 2023

GEAR UP FOR CHOIR



ANNOUNCEMENTS:

No School:

March 10th

Spring Break March
20th-March 24th.

- Menus are subject to change due to product availability.
- Students must take ½ cup Fruit or Vegetable with each meal daily. Choice of Milk offered with each meal daily.



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 3/1/2023
www.SquareMeals.org

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6TH Vegetable Beef
Soup
Crackers
Cheese Stick
Garden Salad

7TH Pork Tamales or
Chicken/Cheese
Quesadilla
Black Bean/ Corn
Medley
Garden Salad

1ST Spaghetti w/
Meat Sauce
Green Beans
Garden Salad
Garlic Bread

2ND Chicken, Broccoli,
Cheese & Rice
Casserole
Oven Roasted Cabbage
Garden Salad

3RD Pulled Pork
Sandwich
Baked Beans
French Fries

13TH Cheesy Chicken &
Macaroni
Steamed Carrots

14TH Beef Tacos
Crunchy or Soft
Pinto Beans
Lettuce & Tomato
Shredded Cheese

15TH Steak Fingers
Mashed Potatoes
w/Gravy
Peas & Carrots
Whole Wheat Roll

16TH Catfish Strips or
Chicken Nuggets
French Fries
Coleslaw
Hushpuppies
Tarter Sauce

17TH Chicken Sandwich
on bun
Lettuce & Tomato
Baked Chips

20TH
**NO
SCHOOL!!!!**

21ST
Spring Break!!!

22ND
NO SCHOOL!!!!

23RD
SPRING BREAK!!!

24TH
NO SCHOOL!!!

27TH Chili Con Carne
Cheese Cup
Corn chips/ Crackers
Garden Salad

28TH Soft Chicken Tacos
Lettuce & Tomato
Shredded Cheese
Spanish Rice
Refried Beans

29TH Macaroni & Beef
Black Eyed Peas
Steamed Broccoli
Cornbread

30TH Shepherd's Pie
Cucumber/Tomato Cup
Garden Salad

31ST Mini Corndogs
Tater Tots
Baby Carrots



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