

May 2019

Menus for

Brown, Cobb, Crenshaw,
DeZavala, Hamblen,
McMullan and Schochler

AVAILABLE DAILY

BREAKFAST LUNCH

Assorted Cereal (1Q), Pop Tart (1Q),
Double Chocolate Mini Muffin (1Q)
(Available: Mon, Wed & Fri)
Chocolate Chip Mini Muffin
(Available Tues and Thurs)
(Grahams are available with
each of the above entrées)

Milk, Fruit and
Vegetables

A Fruit or Vegetable is
Required with all
Lunch Trays

Glazed Sweet Roll (2Q)
(Available Wed & Fri)

Lunch Calories:
550-650

Milk, Fruit and Juice

A Fruit or Juice is Required
With all Breakfast Trays
Breakfast Calories: 350-500

AVAILABLE WEEKLY

WEEK ONE:
CHARRO BEANS
(May 6 - May 10)
(May 27 - May 29)

WEEK TWO:
GOLDEN CORN
(May 13 - May 17)

WEEK THREE:
STEAMED BROCCOLI
W/CHEESE
(April 29 - May 3)
(May 20 - May 24)

Wed., May 1

Breakfast
Pancake Wrapped Sausage
on a Stick (Cal./210)

Lunch
Tangerine Chicken &
½ Egg Roll w/Fried Rice
(Cal./414)
OR
½ Toasted Turkey Ham
& Cheese Sandwich
w/Trix Yogurt Cup (Cal./232)
Sweet Carrot Coins
Seasoned Green Beans
Steamed Broccoli w/Cheese

Fruit Cobbler
w/Whipped Topping
OR Chilled Pear Cup
Sweet & Sour Sauce

Thurs., May 2

Breakfast
Donut Holes w/Honey Glaze
(Cal./306)

Lunch
Mini Hot Dog w/Cheddar
Cheese Cubes (Cal./240)
OR
Beef Nachos
w/Cheese (Cal./328)

Seasoned Waffle Fries
Shredded Pico Salad
Steamed Broccoli w/Cheese

Fresh Sliced Apples
OR Diced Pear Jello
w/Whipped Topping
Ketchup, Mayo, Mustard, BBQ Sauce,
RF Ranch Dressing, Salsa, Jalapeños



Fri., May 3

Breakfast
Turkey Sausage Breakfast
Pizza (Cal./210)

Lunch
Southwestern
Chicken Nuggets (Cal./180)
OR
Los Cabos Bean &
Cheese Burrito (Cal./221)

Golden Corn
Fresh Flavored Carrots
Steamed Broccoli w/Cheese
Mexican Sweet Bread

Chilled Peach Cup
OR Sour Apple
Applesauce Cup
Ketchup, BBQ Sauce, Salsa,
Jalapeños, RF Ranch Dressing



Cinco de Mayo (May 5th) celebrates a
great Mexican military victory in 1862.

MOTHER'S DAY
SUNDAY,
MAY 12



Mon., May 6

Breakfast
Honey Glazed Donut
(Cal./287)

Lunch
1 Tamale & 1 Beef Chipotle
Empanada w/Cheese Sauce
(Cal./399)
OR

Gold Kist Chicken Smackers
(Cal./269)

Crispy Tater Tots
Seasoned Green Beans
Charro Beans

Chilled Peach Cup
OR Mandarin Oranges

Ketchup, BBQ Sauce,
Salsa, Jalapeños

Tues., May 7

Breakfast
Pancake w/Cheesy Eggs
(Cal./192) **OR**
Chicken Kolache (Cal./180)

Lunch
Oven Fried Chicken
w/Jalapeño Wheat Roll
(Cal./423)
OR

Flame Grilled Hamburger
(Cal./242)

Home Style Mashed
Potatoes w/Country Gravy
Fresh Vegetable Medley
Charro Beans

Fresh Fruit
OR Chilled Strawberry Cup

Ketchup, Mayo, Mustard, BBQ Sauce,
Country Gravy, RF Ranch Dressing

Wed., May 8

Breakfast
Pancake Wrapped Sausage
on a Stick (Cal./210)

Lunch
Pepperoni Pizza
(Cal./300)
OR

½ Toasted Turkey Ham
& Cheese Sandwich
w/Trix Yogurt Cup (Cal./232)

Seasoned Potato Wedges
Mixed Vegetables
Charro Beans

Fruit Cobbler
w/Whipped Topping
OR Chilled Pear Cup

Ketchup, BBQ Sauce

Thurs., May 9

Breakfast
Donut Holes w/Honey Glaze
(Cal./306)

Lunch
Gold Kist Chicken Rings
(Cal./214)
OR

Beef Nachos
w/Cheese (Cal./328)

Seasoned Oven Fries
Steamed Broccoli w/Cheese
Charro Beans

Fresh Sliced Apples
OR Diced Pear Jello
w/Whipped Topping
Ketchup, BBQ Sauce,
Salsa, Jalapeños

Fri., May 10

Breakfast
Turkey Sausage Breakfast
Pizza (Cal./210)

Lunch
2 Pork Carnita Enchiladas
w/Mozzarella Cheese
(Cal./409)
OR

Gold Kist Crispy Chicken
Bites (Cal./200)

Golden Corn
Sweet Carrot Coins
Charro Beans

Chilled Peach Cup
OR Sour Apple
Applesauce Cup
Ketchup, BBQ Sauce,
Salsa, Jalapeños

SAFETY FIRST.

Lightning can strike even
if it's not raining and the
skies around you are sunny!
If you can hear thunder,
you could be in danger, so
always follow the rule, "If
thunder roars, stay indoors"
- and not under a tree!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Mon., May 13

Breakfast

Honey Glazed Donut (Cal./287)

Lunch

Com Dog (Cal./240)
OR
Gold Kist Chicken Smackers (Cal./269)

Macaroni & Cheese
Vegetable Juice
Seasoned Curly Fries
Golden Corn

Chilled Peach Cup
OR Mandarin Oranges
Ketchup, Mustard, BBQ Sauce

Tues., May 14

Breakfast

Pancake w/Cheesy Eggs (Cal./192) **OR**
Chicken Kolache (Cal./180)

Lunch

2 Chicken Tacos w/Spanish Rice (Cal./460)
OR
Flame Grilled Hamburger (Cal./242)

Charro Beans
Baby Carrots, Cucumber & Pickle Spears
Golden Corn

Fresh Fruit
OR Chilled Strawberry Cup
Ketchup, Mayo, Mustard, BBQ Sauce, RF Ranch Dressing, Salsa, Jalapeños

Wed., May 15

Breakfast

Pancake Wrapped Sausage on a Stick (Cal./210)

Lunch

Spaghetti & Meatballs w/Jalapeño Wheat Roll (Cal./420)
OR
½ Toasted Turkey Ham & Cheese Sandwich w/Trix Yogurt Cup (Cal./232)

Fresh Flavored Carrots
Steamed Broccoli w/Cheese Golden Corn

Fruit Cobbler w/Whipped Topping
OR Chilled Pear Cup
RF Ranch Dressing

Thurs., May 16

Breakfast

Donut Holes w/Honey Glaze (Cal./306)

Lunch

Gold Kist Crispy Chicken Sandwich (Cal./348)
OR
Beef Nachos w/Cheese (Cal./328)

Seasoned Oven Fries
Shredded Pico Salad
Golden Corn

Fresh Sliced Apples
OR Diced Pear Jello w/Whipped Topping
Ketchup, Mayo, Mustard, BBQ Sauce, RF Ranch Dressing, Salsa, Jalapeños

Fri., May 17

Breakfast

Turkey Sausage Breakfast Pizza (Cal./210)

Lunch

Hot Dog w/Sauce & Mozzarella Cheese (Cal./309)
OR
Gold Kist Crispy Chicken Bites (Cal./200)

Crispy Tater Tots
Seasoned Green Beans
Golden Corn

Chilled Peach Cup
OR Sour Apple Applesauce Cup
Ketchup, Mayo, Mustard, BBQ Sauce

Summer Food Service Program 2019

Are you going to miss our smiling faces and delicious food? Come join us for a nutritious meal at one of our summer feeding sites!

Breakfast and lunch will be served and all children 18 and under eat FREE!



Adults must be accompanied by a child and may purchase breakfast for \$2.15 or lunch for \$3.75.

Mon., May 20

Breakfast

Honey Glazed Donut (Cal./287)

Lunch

Tyson Home Style Chicken Strips w/Macaroni & Cheese (Cal./388)
OR
Gold Kist Chicken Smackers (Cal./269)

Seasoned Pinto Beans
Home Style Mashed Potatoes w/Gravy
Steamed Broccoli w/Cheese

Chilled Peach Cup
OR Mandarin Oranges
Ketchup, BBQ Sauce, Gravy

Tues., May 21

Breakfast

Pancake w/Cheesy Eggs (Cal./192) **OR**
Chicken Kolache (Cal./180)

Lunch

Pepperoni Pizza (Cal./290)
OR
Flame Grilled Hamburger (Cal./242)

Crispy Tater Tots
Fresh Vegetable Medley
Steamed Broccoli w/Cheese

Fresh Fruit
OR Chilled Strawberry Cup
Ketchup, Mayo, Mustard, BBQ Sauce, RF Ranch Dressing

Wed., May 22

Breakfast

Pancake Wrapped Sausage on a Stick (Cal./210)

Lunch

Tangerine Chicken & ½ Egg Roll w/Fried Rice (Cal./414)
OR
½ Toasted Turkey Ham & Cheese Sandwich w/Trix Yogurt Cup (Cal./232)

Sweet Carrot Coins
Seasoned Green Beans
Steamed Broccoli w/Cheese

Fruit Cobbler w/Whipped Topping
OR Chilled Pear Cup
Sweet & Sour Sauce

Thurs., May 23

Breakfast

Donut Holes w/Honey Glaze (Cal./306)

Lunch

Mini Hot Dog w/Cheddar Cheese Cubes (Cal./240)
OR
Beef Nachos w/Cheese (Cal./328)

Seasoned Waffle Fries
Shredded Pico Salad
Steamed Broccoli w/Cheese

Fresh Sliced Apples
OR Diced Pear Jello w/Whipped Topping
Ketchup, Mayo, Mustard, BBQ Sauce, RF Ranch Dressing, Salsa, Jalapeños

Fri., May 24

Breakfast

Turkey Sausage Breakfast Pizza (Cal./210)

Lunch

Los Cabos Bean & Cheese Burrito (Cal./221)
OR
Gold Kist Crispy Chicken Bites (Ca./200)

Golden Corn
Fresh Flavored Carrots
Steamed Broccoli w/Cheese

Chilled Peach Cup
OR Sour Apple Applesauce Cup
Ketchup, BBQ Sauce, Salsa, Jalapeños RF Ranch Dressing

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form \(AD-3027\)](http://www.ascr.usda.gov/complaint_filing_cust.html) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, (2) fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.



Tues., May 28

Breakfast

Pancake w/Cheesy Eggs (Cal./192) **OR**
Chicken Kolache (Cal./180)

Lunch

Oven Fried Chicken w/Jalapeño Wheat Roll (Cal./423)
OR
Flame Grilled Hamburger (Cal./242)

Home Style Mashed Potatoes w/Country Gravy
Fresh Vegetable Medley
Charro Beans

Fresh Fruit
OR Chilled Strawberry Cup
Ketchup, Mayo, Mustard, BBQ Sauce, Country Gravy, RF Ranch Dressing

Wed., May 29



Breakfast

Pancake Wrapped Sausage on a Stick (Cal./210)

Lunch

Corn Dog (Cal./240)

Seasoned Potato Wedges
Vegetable Juice

Chilled Peach Cup
OR Sour Apple Applesauce Cup
Ketchup, Mustard, BBQ Sauce



Have a great Summer!
See you August 15th

Summer Meals for Kids & Teens Being Served in Your Community Open to all children 18 and younger **NO Enrollment, NO Cost!**

Channelview High School

June 3—June 27 Monday—Thursday
Breakfast: 6:45—8:30 Lunch: 10:30—12:30

July 8—August 1 Monday—Thursday

Breakfast: 7:30—8:30 Lunch: 11:00—12:00

DeZavala Elementary

June 3—July 12 Monday—Friday
Breakfast: 8:30—8:55 Lunch: 12:30—1:00

Schochler Elementary

June 3—June 27 Monday—Thursday
Breakfast: 7:00—8:15 Lunch: 11:00—12:20

Early Childhood Center

June 3—June 27 Monday—Thursday
Breakfast: 7:00—8:15 Lunch: 11:00—12:20

SEE YOU THERE