



West Houston

# 2025 School Menu

Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
1	Breakfast	Pancakes, Cereal, Fruit	French Toast, Cereal, Fruit	Biscuit with Turkey Sausage, Cereal, Fruit	Bagels with Cream Cheese, Cereal, Fruit	Sausage Kolache, Oatmeal, Cereal, Fruit
	AM Snack	Banana and Wheat Crackers	Applesauce and Graham Crackers	Fresh Fruit and Wheat Crackers	Strawberry Graham Crackers	Yogurt and Granola/Berries
	Lunch	<b>Chicken and Rice Casserole,</b> Steamed Peas and Carrots, and Fruit (V: Rice Casserole; LF: Rice with Chicken)	<b>Turkey Chili with Beans</b> and Wheat Saltine Crackers, Steamed Corn, and Fruit (V: Bean Chili)	<b>Whole Grain Spaghetti with Beef Meat Sauce,</b> Steamed Green Beans, and Fruit (V: Plant-Based Spaghetti)	<b>Fish Sticks,</b> Steamed Carrots, and Fruit (V: Plant-Based F'sh Filets)	<b>Hamburger,</b> Garden Salad or Steamed Mixed Veggies, and Fruit (V: Plant-Based Burger)
	PM Snack	Pretzel Twists/Wheat Crackers and Cheese Cubes	Cheez-It and Carrot Sticks with Ranch / Blueberries	Animal Crackers and Apple Slices/Applesauce	Hummus/Cheese and Wheat Crackers	Banana Pudding
2	Breakfast	Pancakes, Cereal, Fruit	Pancake, Cereal, Fruit	Biscuit with Turkey Sausage, Cereal, Fruit	Bagels with Cream Cheese, Cereal, Fruit	Sausage Kolache, Oatmeal, Cereal, Fruit
	AM Snack	Banana and Wheat Crackers	Applesauce and Graham Crackers	Fresh Fruit and Wheat Crackers	Vanilla Graham Crackers	Yogurt and Granola/Berries
	Lunch	<b>Teriyaki Chicken and Brown Rice,</b> Steamed Peas and Carrots, and Fruit (V: Rice with Veggie Chik'n)	<b>Turkey Enchiladas,</b> Steamed Corn, and Fruit (V: Bean Enchiladas)	<b>Beef Meatballs with Gravy and Brown Rice,</b> Steamed Carrots, and Fruit (V: Plant-Based Meatballs with Gravy and Brown Rice)	<b>Chicken Alfredo Pasta,</b> Steamed Green Beans, and Fruit (V: Alfredo Pasta; LF: Pasta with Chicken)	<b>Turkey and Cheese Sandwich,</b> Cucumber Slices or Steamed Mixed Veggies, and Fruit (V: Grilled Cheese)
	PM Snack	Trail Mix (Cheerios and Goldfish for Young Toddlers)	Strawberries/Blueberries and Goldfish	Wheat Crackers and Carrot Sticks with Ranch / Fresh Fruit	Oranges/Applesauce and Wheat Crackers	Banana and Graham Crackers
3	Breakfast	Pancakes, Cereal, Fruit	French Toast, Cereal, Fruit	Biscuit with Turkey Sausage, Cereal, Fruit	Bagels with Cream Cheese, Cereal, Fruit	Sausage Kolache, Oatmeal, Cereal, Fruit
	AM Snack	Banana and Wheat Crackers	Applesauce and Graham Crackers	Fresh Fruit and Wheat Crackers	Strawberry Graham Crackers	Yogurt and Granola/Berries
	Lunch	<b>Spanish Brown Rice and White Chicken Breast,</b> Steamed Peas and Carrots, and Fruit (V: Spanish Brown Rice with Plant-Based Chik'n)	<b>Turkey Corndogs,</b> Steamed Broccoli with Cheese, and Fruit (V: Veggie Nuggets)	<b>Beef and Cheese Ravioli,</b> Steamed Green Beans, and Fruit (V: Cheese Ravioli; LF: Beef Ravioli)	<b>Chicken and Cheese Quesadillas,</b> Steamed Corn, and Fruit (LF: Cheese Quesadillas)	<b>Turkey Chili with Beans</b> and Wheat Saltine Crackers, Steamed Mix Veggies, and Fruit (V: Bean Chili)
	PM Snack	Hummus/Cheese and Wheat Crackers	Pretzel Sticks/Wheat Crackers and Orange Slices/Banana	Goldfish and Cucumber Slices with Ranch / Fresh Fruit	Animal Crackers and Apple Slices/Applesauce	Blueberry Muffins and Bananas
4	Breakfast	Pancakes, Cereal, Fruit	French Toast, Cereal, Fruit	Biscuit with Turkey Sausage, Cereal, Fruit	Bagels with Cream Cheese, Cereal, Fruit	Sausage Kolache, Oatmeal, Cereal, Fruit
	AM Snack	Banana and Wheat Crackers	Applesauce and Graham Crackers	Fresh Fruit and Wheat Crackers	Chocolate Graham Crackers	Yogurt and Granola/Berries
	Lunch	<b>Spanish-Style Chicken and Quinoa,</b> Steamed Peas and Carrots, and Fruit (V: Rice Casserole; LF: Rice with Chicken)	<b>Ground Turkey Rotini Pasta,</b> Steamed Carrots, and Fruit (V: Plant-Based Chik'n and Rotini Pasta)	<b>Whole Grain Spaghetti with Beef Meat Sauce,</b> Steamed Green Beans, and Fruit (V: Plant-Based Spaghetti)	<b>Mini Chicken Tenders,</b> Steamed Carrots, and Fruit (V: Plant-Based Tenders)	<b>Cheese/Pepperoni Pizza,</b> Garden Salad with Ranch or Steamed Mixed Veggies, and Fruit (LF: Veggie Nuggets)
	PM Snack	Trail Mix (Cheerios and Goldfish for Young Toddlers)	Wheat Crackers and Carrot Sticks with Ranch / Fresh Fruit	Goldfish and Cucumber Slices with Ranch / Fresh Fruit	Oranges/Applesauce and Wheat Crackers	Banana Pudding

**We serve whole grain products, fresh fruit and vegetables, and no canned food.**

Cereals served: Corn Flakes, Cheerios, Captain Crunch, Whole Wheat Cereal Flakes with Strawberries. Cereal is a breakfast option every day.

Fresh fruits served: Apples, Bananas, Oranges, Pineapple, Cantaloupe, Melons, Strawberries, Blueberries. Fresh fruits are served with every breakfast and lunch.

Milk is served at breakfast and lunch (whole milk for 100 – 240; 2% for 300 and up). Water is served with all snacks.

Our school is nut-free. There is pork in the peperoni and sausage kolache.