

Karnack ISD Breakfast Menu

JAN

MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:
• TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2ND

3RD

4TH

5TH

6TH

9TH

10TH

11TH

12TH

13TH

16TH

17TH

18TH

19TH

20TH

NO SCHOOL

23RD

24TH

25TH

26TH

27TH Breakfast Pizza

30TH

31ST

Oatmeal
Sausage
Assorted Cereal
Cheese Stick
100% Fruit Juice

Breakfast Pizza
Assorted Cereal
Cheese Stick
100% Fruit Juice

Assorted Cereal
Cereal Bar
Pop-Tart
Cheese Stick
100% Fruit Juice

Assorted Muffins
Sausage Link
Cereal
Cheese Stick
100% Fruit Juice

Sausage Biscuit w/Jelly
Cereal Bar
Cheese Stick
100% Fruit Juice

Oatmeal
Sausage
Cereal
Cheese Stick
100% Fruit Juice

Breakfast Pizza
Assorted Cereal
Cheese Stick
100% Fruit Juice

Breakfast Sandwich
Assorted Cereal
Cheese Stick
100% Fruit Juice

Assorted Cereal
Cereal Bar
Pop-Tart
Cheese Stick
100% Fruit Juice

Oatmeal
Sausage
Cereal
Cheese Stick
100% Fruit Juice

Breakfast Pizza
Assorted Cereal
Cheese Stick
100% Fruit Juice

Breakfast Sandwich
Assorted Cereal
Cheese Stick
100% Fruit Juice

Oatmeal
Sausage
Cereal
Cheese Stick
100% Fruit Juice

WW Pancakes w/Syrup
Sausage Link
Assorted Cereal
Cheese Stick
100% Fruit Juice

Sausage Biscuit w/Jelly
Cereal Bar
Cheese Stick
100% Fruit Juice

Breakfast Sandwich
Assorted Cereal
Cheese Stick
100% Fruit Juice

Assorted Cereal
Cheese Stick
100% Fruit Juice

Mini Maple Pancakes
w/Syrup
Assorted Cereal
Cheese Stick
100% Fruit Juice

Sausage Biscuit w/ Jelly
Assorted Cereal
Cheese Stick
100% Fruit Juice



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
National School Lunch Program



Updated 1/1/2023
www.SquareMeals.org

Karnack ISD Lunch Menu

JAN

MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:

- Students must take ½ cup Fruit or Vegetable with each meal daily.
- Menus are subject to change due to product availability.
- This institution is an equal opportunity provider.
- NO School February 16th

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2ND

3RD

4TH

5TH

6TH

9TH

10TH

11TH

12TH

13TH

16TH

17TH

18TH

19TH

20TH

23RD

24TH

25TH

26TH

27TH

30TH

31ST

Beefy Spaghetti
Garden Salad/Ranch
Steamed Corn
Garlic Breadstick

Chicken Nuggets
Catfish Strips
French Fries
Coleslaw
Hushpuppies

Cheeseburger
PB&J
Tater Tots
Burger Salad

Chicken Spaghetti
Steamed Broccoli
Garden Salad/Ranch
Garlic Bread

Beef Tacos
Black Bean/Corn Mix
Lettuce, Tomato
Shredded Cheese
Salsa/Sour Cream

Baked Chicken
Macaroni and Cheese
Cabbage
Sweet Potatoes
Roll

Gator Fries w/Pulled
Pork
Cucumber/Tomato Cup
Garden Salad/Ranch

Chicken Sandwich
Spicy or Regular
PB&J
Burger Salad
Baked Chips

NO SCHOOL

Chicken/Chili Crispito
Refried Beans
Spanish Rice
Garden Salad/Ranch
Salsa/Sour Cream

Meatloaf
Mashed Potatoes
Gravy
Green Beans
Rolls

Pepperoni Pizza
Steamed Corn
Cucumber/Tomato Cup
Garden Salad/Ranch

BBQ Rib Sandwich
PB&J
French Fries
Garden Salad/Ranch

Lasagna
Broccoli/Cauliflower,
Carrot Blend
Garden Salad/Ranch
Garlic Bread

Chicken/Sausage
Gumbo
Steamed Rice
Spinach/Strawberry
Salad

Baked Potato
Chili/Cheese
Steamed Broccoli
Garden Salad/Ranch

Mini Corndogs
Seasoned Fries
Baby Carrots/Ranch

Hot Ham & Cheese
Sandwich
Lettuce/Tomato/
Pickles
Baked Chips

Chili Cheese Dog
Tater Tots
Baby Carrots/Ranch
Ketchup/Mustard

Loaded Beef Nachos
Lettuce/Tomato
Fresh Broccoli/Ranch
Salsa/ Sour Cream



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
National School Lunch Program



Updated 1/1/2023
www.SquareMeals.org