

WELLMAN UNION CAFE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Sausage Kolache
Yogurt
or
Cereal Variety
Toast

7TH Cheese Omelet
Toast
or
Breakfast Bread
Yogurt

1ST Breakfast
Pizza
or
Banana
Split

8TH Biscuit Gravy
Scrambled Eggs
Bacon
or
Muffin
Yogurt

2ND Oatmeal
Cinnamon Toast
or
Breakfast Crackers
Cheese Stick

9TH Sausage
Biscuit
or
Breakfast Strudel
Cheese Stick

3RD Donut
Sausage
or
Muffin
Yogurt

10TH Dutch Waffles
Sausage
or
Breakfast Round
Yogurt

13TH Pancakes
Bacon
or
Cereal Variety
Toast

14TH Breakfast
Burrito
Hashbrown
or
Breakfast Strudel
Cheese Stick

15TH Waffles
Sausage
or
Breakfast
Parfait

16TH Breakfast
Combo
or
Breakfast Crackers
Cheese Cubes

17TH

HOLIDAY

20TH
HOLIDAY

21ST French Toast
Sausage
or
Breakfast Crackers
Cheese Stick

22ND Chicken -n-
Biscuit
or
Breakfast
Parfait

23RD Sunrise
Sandwich
or
Breakfast
Bread
Yogurt

24TH Cinnamon Roll
Sausage
or
Cereal Variety
Toast

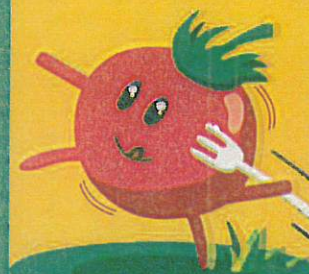
27TH Pancakes
Bacon
or
Cereal Variety
Toast

28TH Breakfast
Taquito
or
Breakfast Crackers
Cheese Stick

FEB

MENU 2023

GEAR UP FOR
**TRACK
& FIELD**



ANNOUNCEMENTS:

White, Chocolate,
and Strawberry Milk
Served Daily

Fresh Fruit and Juice
Served Daily

* Menu is Subject to
Change



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 2/1/2023
www.SquareMeals.org

WELLMAN UNION CAFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ST Pizza Pocket Garden Salad Savory Green Beans Peaches	2 ND Ranchero Wrap Corn Crunchy Broccoli Salad Fresh Apple Slices Cookies (K-12) Teddy Grahams (PreK)	3 RD Pig in a Blanket Oven Fries Tomato Cup Snowball Salad
6 TH Enchiladas Spanish Rice (HS) Beans Salsa Corn Orange Smiles Pudding	7 TH Pulled Pork Oven Fries Fresh Veggie Cup Strawberries and Bananas	8 TH Chicken Nuggets Mac & Cheese Carrots Squash Grapes	9 TH Hamburger Chips Tomato Cup Garden Salad Pears	10 TH X-treme Burrito Corn Cucumbers Rosy Apple Sauce Brownie (K-12) Animal Crackers (PreK)
13 TH Breaded Drumstick Biscuit Garden Salad Sweet Potatoes Seasonal Fresh Fruit	14 TH Walking Taco Beans Fresh Veggie Cup Chilled Pineapple Crispy Cereal Treat (K12) Graham Crackers (PreK)	15 TH Cheesy Breadsticks Marinara Sauce Broccoli Cinnamon Applesauce	16 TH Boneless Chicken Wings Chips Celery Carrots Mixed Fruit Frozen Yogurt Cup	17 TH HOLIDAY
20 TH HOLIDAY	21 ST Quesadilla Salsa Beans Cucumbers Apricots Ice Cream Cup	22 ND Pizza Fresh Veggie Cup Garden Salad Fruity Gelatin	23 RD Breaded Pork Chop Gravy Broccoli Corn Mandarin Oranges	24 TH Cheeseburger- Macaroni / Carrots Roll / Cookie(K-12) Savory Green Beans Seasonal Fresh Fruit Teddy Grahams (PreK)
27 TH Chicken Fried Steak / Roll Gravy / Okra Mashed Potatoes Strawberries	28 TH Tex-Mex Stack Spanish Rice (HS) Beans / Carrots Salsa / Sherbet Hot Cinnamon Apples			

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:

White Milk Served Daily (PreK)

White, Chocolate, & Strawberry Milk Served Daily (K-12)

Fresh Fruit and Juice Served Daily (HS)

* Menu is Subject to Change