

WELLMAN UNION CAFE

MONDAY

2ND

TUESDAY

3RD

WEDNESDAY

4TH Breakfast
Pizza
or
Breakfast
Parfait

THURSDAY

5TH Oatmeal
Cinnamon Toast
or
Breakfast Strudel
Cheese Stick

FRIDAY

6TH Donut Holes
Sausage
or
Muffin
Yogurt

9TH Sausage Kolache
Yogurt
or
Cereal Variety
Toast

10TH Cheese Omelet
Toast
or
Breakfast Crackers
Cheese Cubes

11TH Biscuit, Gravy
Scrambled Eggs
Bacon
or
Muffin
Yogurt

12TH Sunrise
Sandwich
or
Breakfast Bread
Yogurt

13TH Dutch Waffles
Sausage
or
Breakfast Round
Yogurt

16TH

HOLIDAY

17TH Breakfast
Burrito
Hashbrown
or
Breakfast Strudel
Cheese Stick

18TH Chicken –n-
Biscuit
or
Banana Split

19TH Breakfast
Combo
or
Breakfast Crackers
Cheese Stick

20TH Donut
Sausage
or
Muffin
Yogurt

23RD Peanut Butter and
Jelly Sandwich
or
Cereal Variety
Toast

24TH French Toast
Sausage
or
Breakfast Crackers
Cheese Cubes

25TH Early Bird
Sandwich
or
Muffin
Yogurt

26TH Pancake Wrap
Yogurt
or
Breakfast Strudel
Cheese Stick

27TH Cinnamon Roll
Sausage
or
Breakfast Round
Yogurt

30TH Waffles
Bacon
or
Cereal Variety
Toast

31ST Morning Griddle
Sandwich
or
Breakfast Bread
Yogurt

JAN

MENU 2023

GEAR UP FOR
GYM



ANNOUNCEMENTS:

White, Chocolate,
and Strawberry
Milk
Served Daily

Fresh Fruit and
Juice Served Daily

* Menu is Subject
to Change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



Updated 1/1/2023
www.SquareMeals.org

WELLMAN UNION CAFE

MONDAY

2ND

TUESDAY

3RD

WEDNESDAY

4TH Pizza
Garden Salad
Savory Green Beans
Peaches

THURSDAY

5TH Popcorn Chicken
Corn / Roll
Crunchy Broccoli Salad
Apple Slices
Cookies (K-12)
Teddy Grahams (PreK)

FRIDAY

6TH Potato Bowl
Tomato Cup
Roll
Snowball Salad

9TH Meat & Cheese
Chalupas / Corn
Spanish Rice (HS)
Refried Beans
Orange Smiles / Salsa
Pudding

10TH Chili Cheese
Totchos
Cornbread
Fresh Veggie Cup
Potatoes
Strawberries & Bananas

11TH Pizza Pocket
Carrots
Squash
Grapes

12TH Cheeseburger
Chips
Tomato Cup
Garden Salad
Pears

13TH Chicken Strips
Gravy / Oven Fries
Corn / Cucumbers
Texas Toast/BrowniesK
Rosy Applesauce
Animal Crackers(PreK)

16TH

HOLIDAY

17TH Frito Pie
Beans
Fresh Veggie Cup
Chilled Pineapple
Crispy Cereal TreatsK12
Graham Crackers(PreK)

18TH Pizza
Broccoli
Tomato Cup
Cinnamon
Applesauce

19TH Quesadilla
Celery
Carrots
Mixed Fruit
Frozen Yogurt Cup

20TH Chicken Parmesan
Savory Green Beans
Corn
Roll
Peaches

23RD Oven Fried
Chicken
Mashed Potatoes
Tomato Cup
Roll
Fruit Cup

24TH Nacho Grande
Salsa
Beans
Cucumbers
Apricots

25TH Spaghetti Bowl
Breadstick
Fresh Veggie Cup
Garden Salad
Fruity Gelatin

26TH Asian Bowl
Egg Roll
Broccoli
Corn
Mandarin Oranges

27TH Cheeseburger
Macaroni / Carrots
Savory Green Beans
Fresh Seasonal Fruit
Cookies (K12) / Roll
Teddy Grahams PreK

30TH Country Fried
Steak
Roll / Gravy
Mashed Potatoes
Okra
Strawberries

31ST Chicken Fajitas
Spanish Rice (HS)
Beans / Carrots
Salsa
Hot Cinnamon Apples
Sherbet

JAN

MENU 2023

**GEAR UP FOR
GYM**



ANNOUNCEMENTS:

White Milk Served
Daily (PreK)

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

Fresh Fruit and Juice
Served Daily (HS)

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Change



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