

# January 2025 | Ropes 9<sup>th</sup> - 12<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oranges</b></p> <p>Season in Texas: September - April</p> <p><b>Did you know?</b> Like cantaloupes, oranges won't ripen once they're picked</p>	<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 	
<p><b>6</b></p> <p><i>Teacher Workday</i></p>	<p><b>7</b> <i>Frito Pie, OR Hot Sandwich, Pinto beans, Fresh Veggie Cup, Pineapple, Sugar Cookie, Juice, Milk variety</i></p>	<p><b>8</b> <i>Cheesy Breadsticks, OR Pizza, Broccoli, Marinara Sauce, Cinnamon Applesauce Juice, Milk variety</i></p>	<p><b>9</b> <i>Fiesta Bowl, OR Tex-Mex, Celery, Carrots, Mixed Fruit, Sherbet, Juice, Milk variety</i></p>	<p><b>10</b> <i>Chicken Parmesan, Roll, OR Texas Basket, Savory Green Beans, Corn, Peaches, Juice, Milk variety</i></p>
<p><b>13</b> <i>Corn Dog, OR, Hamburger/CB, Potatoes, Tomato Cup, Fruit Cup, Juice, Milk variety</i></p>	<p><b>14</b> <i>Quesadilla, OR Hot Sandwich, Salsa, Refried Beans, Cucumbers, Apple, Ice Cream Cup, Juice, Milk variety</i></p>	<p><b>15</b> <i>Crispy Chicken Sandwich, OR Pizza, Curly Fries, Fresh Veggie Cup, Garden Salad, Fruity Gelatin, Juice, Milk variety</i></p>	<p><b>16</b> <i>Pork Rib Sandwich, OR, Tex-Mex, Cheesy Broccoli, Corn, Mandarin Oranges, Juice, Milk variety</i></p>	<p><b>17</b> <i>Pizza, OR Texas Basket, Carrots, Savory Green Beans, Seasonal Fruit, Rice Krispy, Juice, Milk variety</i></p>
<p><b>20</b> <i>Fish Sticks, Roll, OR Mashed Potatoes, Okra, Strawberries, Juice, Milk variety</i></p>	<p><b>21</b> <i>Tex-Mex Stack, OR, Spanish Rice, Charro Beans, Carrots, Salsa, Cinnamon Apples, Sherbet, Juice, Milk variety</i></p>	<p><b>22</b> <i>Chicken Alfredo, Breadstick, OR, Garden Salad, Savory Green Beans, Peaches, Juice, Milk variety</i></p>	<p><b>23</b> <i>Sack Lunch Turkey &amp; Cheese, Fresh Veggie, Fresh Fruit, Milk variety</i></p>	<p><b>24</b> <i>Hot Dog, OR Texas Basket, Curly Fries, Tomato Cup, Snowball Salad, Juice, Milk variety</i></p>
<p><b>27</b> <i>Meat &amp; Cheese Chalupa, OR Hamburger/CB, Pinto Beans, Corn, Salsa, Orange Smiles, Juice, Milk variety</i></p>	<p><b>28</b> <i>Chicken &amp; Waffles, OR Fresh Veggie Cup, Tots, Strawberries &amp; Bananas, Juice, Milk variety</i></p>	<p><b>29</b> <i>Asian Bowl, Egg Roll, OR Pizza Carrots, Squash, Grapes, Juice, Milk variety</i></p>	<p><b>30</b> <i>Hamburger/CB Chips, OR Tex-Mex, Tomato Cup, Garden Salad, Pears, Juice, Milk variety</i></p>	<p><b>31</b> <i>Philly Cheesesteak Sandwich, OR Texas Basket, Corn, Cucumbers, Rosy Applesauce, Juice, Milk variety</i></p>

## Announcements:

Fat Free Milk Offered Daily.

January 23<sup>rd</sup>  
Early Release

*Welcome  
Back!!*



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 6/6/2024  
National School Lunch Program

# January 2025 | Ropes Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oranges</b></p> <p>Season in Texas: September - April</p> <p><b>Did you know?</b> Like cantaloupes, oranges won't ripen once they're picked</p>		<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 
<p><b>6</b></p> <p><i>Teacher Workday</i></p>	<p><b>7</b></p> <p><i>Breakfast Burrito Hash brown, OR Breakfast Strudel &amp; Cheese, Fruit Juice, Milk variety</i></p>	<p><b>8</b></p> <p><i>Waffles &amp; Sausage, OR Cereal &amp; Toast Fruit, Juice, Milk variety</i></p>	<p><b>9</b></p> <p><i>Breakfast Combo Eggs, Potatoes, Toast, OR Strudel &amp; Cheese, Fruit, Juice, Milk variety</i></p>	<p><b>10</b></p> <p><i>Donut &amp; Sausage OR, Cereal &amp; Toast Fruit, Juice, Milk variety</i></p>
<p><b>13</b></p> <p><i>Breakfast Sandwich OR, Cereal &amp; Toast Fruit, Juice, Milk variety</i></p>	<p><b>14</b></p> <p><i>French Toast, Sausage, OR Strudel &amp; Cheese, Fruit, Juice, Milk variety</i></p>	<p><b>15</b></p> <p><i>Pineapple Breakfast Parfait, OR Cereal &amp; Toast, Fruit, Juice Milk variety</i></p>	<p><b>16</b></p> <p><i>Pancake Wrap, Yogurt, OR Strudel, &amp; Cheese, Fruit, Juice, Milk variety</i></p>	<p><b>17</b></p> <p><i>Cheesy Toast, &amp; Sausage, OR Cereal &amp; Toast, Fruit, Juice, Milk variety</i></p>
<p><b>20</b></p> <p><i>Pancakes &amp; Bacon, OR, Cereal &amp; Toast Fruit, Juice, Milk variety</i></p>	<p><b>21</b></p> <p><i>Breakfast Combo Eggs, Potatoes, Toast, OR Strudel &amp; Cheese, Fruit, Juice, Milk variety</i></p>	<p><b>22</b></p> <p><i>Breakfast Pizza, OR Cereal &amp; Toast Fruit, Juice, Milk variety</i></p>	<p><b>23</b></p> <p><i>Oatmeal &amp; Cinnamon Toast, OR Breakfast Strudel, &amp; Cheese, Fruit, Juice, Milk variety</i></p>	<p><b>24</b></p> <p><i>Breakfast Burrito &amp; Hash Browns, OR Cereal &amp; Toast, Fruit, Juice, Milk variety</i></p>
<p><b>27</b></p> <p><i>Sausage Kolache &amp; Yogurt, OR Cereal &amp; Toast, Fruit, Juice Milk variety</i></p>	<p><b>28</b></p> <p><i>Cheese Omelet &amp; Toast, OR Strudel &amp; Cheese, Fruit, Juice, Milk variety</i></p>	<p><b>29</b></p> <p><i>Power Breakfast Eggs, Bacon, Biscuit, &amp; Gravy, OR Cereal &amp; Toast, Fruit, Juice Milk variety</i></p>	<p><b>30</b></p> <p><i>Breakfast Pizza, OR Strudel &amp; Toast Fruit, Juice, Milk variety</i></p>	<p><b>31</b></p> <p><i>French Toast &amp; Sausage, OR Cereal &amp; Toast, Fruit, Juice Milk variety</i></p>

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Updated 6/6/2024  
National School Lunch Program

# January 2025 | Ropes Lunch PK-8<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oranges</b></p> <p>Season in Texas: September - April</p> <p>Did you know? Like cantaloupes, oranges won't ripen once they're picked</p>		<p>1</p>	<p>2</p>	<p>3</p>
<p>6</p> <p><i>Teacher Workday</i></p>	<p>7</p> <p><i>Frito Pie, Pinto Beans, Fresh Veggie** Cup, Chilled Pineapple Sugar Cookie ** Milk variety</i></p>	<p>8</p> <p><i>Cheesy Breadsticks, Broccoli, Marinara Sauce** Cinnamon Apples Milk variety</i></p>	<p>9</p> <p><i>Fiesta Bowl Celery** Carrots Mixed Fruit Sherbet,** Milk variety</i></p>	<p>10</p> <p><i>Chicken Parmesan Roll, Savory Green Beans, Corn ** Peaches Milk variety</i></p>
<p>13</p> <p><i>Corn Dog Potatoes, Tomato cup,** Fruit cup Milk variety</i></p>	<p>14</p> <p><i>Quesadilla, Salsa** Refried Beans, Cucumbers** Apple, Ice Cream Cup** Milk variety</i></p>	<p>15</p> <p><i>Crispy Chicken Sandwich, Curly Fries, Fresh Veggie Cup** Garden Salad Fruity Gelatin Milk variety</i></p>	<p>16</p> <p><i>Pork Rib Sandwich Cheesy Broccoli Corn** Mandarin Oranges Milk variety</i></p>	<p>17</p> <p><i>Pizza Carrots** Savory Green Beans, Seasonal Fruit, Rice Krispy** Milk variety</i></p>
<p>20</p> <p><i>Fish Sticks, Roll, Mashed Potatoes, Okra** Strawberries Milk variety</i></p>	<p>21</p> <p><i>Tex-Mex Stack, Rice,** Charro Beans Salsa,** Cinnamon Apples, Sherbet Cup,** Milk variety</i></p>	<p>22</p> <p><i>Chicken Alfredo, Breadsticks, Garden Salad,** Green Beans, Peaches, Milk variety</i></p>	<p>23</p> <p><i>Sack Lunch Turkey &amp; Cheese, Fresh Fruit, Fresh Veggie, Milk variety</i></p>	<p>24</p> <p><i>Hot Dog, Curly Fries, Tomato Cup,** Snowball Salad, Milk variety</i></p>
<p>27</p> <p><i>Meat &amp; Cheese Chalupa, Pinto Beans, Corn,** Salsa,** Orange Smiles, Pudding,** Milk variety</i></p>	<p>28</p> <p><i>Chicken &amp; Waffles Fresh Veggie Cup,** Tots, Strawberries &amp; Bananas, Milk variety</i></p>	<p>29</p> <p><i>Asian Bowl, Egg Roll, Carrots,** Squash, Grapes, Milk variety</i></p>	<p>30</p> <p><i>Hamburger/ Cheeseburger, Chips,** Tomato Cup,** Garden Salad Pears, Milk variety</i></p>	<p>31</p> <p><i>Philly Cheesesteak Sandwich, Corn, Cucumbers,** Rosy Applesauce, CC Cookie,** Milk variety</i></p>

**Announcements:**

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January 23<sup>rd</sup>  
Early Release

\*\* Are not offered to PK

*Warmo Back!!*



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