



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

BEEF NACHOS  
ROMAINE SALAD  
REFRIED BEANS  
FRUIT  
MILK

1

FRITO PIE  
ROMAINE SALAD  
RANCH BEANS  
FRUIT  
MILK

2

MEATBALL SUBS  
ROMAINE SALAD  
FRUIT  
MILK

3

EGG ROLLS  
FRIED RICE  
PINTO BEANS  
FRUIT  
MILK

4

CHICKEN BURGER  
FRIES  
ROMAINE SALAD  
CARROTS  
FRUIT  
MILK

5

POPCORN CHICKEN  
CHEESY POTATOES  
VEGGIES  
FRUIT  
MILK

8

MINI BURGER  
CURLY FRIES  
ROMAINE SALAD  
FRUIT  
MILK

9

BURRITO  
ROMAINE SALAD  
CARROTS  
FRUIT  
MILK

10

CHILICHEESE TOTS  
ROMAINE SALAD  
FRUIT  
MILK

11

OUT

12

LINK ON A BUN  
COLE SLAW  
CRINKLE CUT FRIES  
FRUIT  
MILK

15

FRITO PIE  
RANCH BEANS  
ROMAINE SALAD  
FRUIT  
MILK

16

SHRIMP POPPERS  
FRIES  
ROMAINE SALAD  
FRUIT  
MILK

17

RIBLET ON BUN  
BAKED BEANS  
ROMAINE SALAD  
FRUIT  
MILK

18

MEATBALL SUB  
CHIPS  
ROMAINE SALAD  
FRUIT  
MILK

19

CORN DOG  
MAC N CHEESE  
ROMAINE SALAD  
FRUIT  
MILK

22

HAMBURGER STEAK  
MASHED POTATOES  
W/ GRAVY  
GREEN BEANS  
ROLL  
FRUIT  
MILK

23

FISH PATTY  
COLESLAW  
FRIES  
FRUIT  
MILK

24

TATOR TOT CASSEROLE  
ROMAIN SALAD  
MIXED VEGGIES  
FRUIT  
MILK

25

STEAK BURGER  
ROMAINE SALAD  
ONION RINGS  
FRUIT  
MILK

26

MINI CHICKEN BURGERS  
FRIES  
SALAD  
FRUIT  
MILK

29

QUESADILLA  
BEANS  
SALAD  
FRUIT  
MILK

30

POPCORN CHICKEN  
CHEESY POTATOES  
VEGGIE  
FRUIT  
MILK

31

