



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

pizza
corn
salad

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

