



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

EGG OMELET
CEREAL
FRUIT
JUICE
MILK

4

FRENCH TOAST
CEREAL
FRUIT
JUICE
MILK

5

SAUSAGE ROLL
CEREAL
FRUIT
JUICE
MILK

6

BREAKFAST PIZZA
CEREAL
FRUIT
JUICE
MILK

7

POP TART
CEREAL
FRUIT
JUICE
MILK

1

DONUT
CEREAL
FRUIT
JUICE
MILK

8

BREAKFAST BURRITO
CEREAL
FRUIT
JUICE
MILK

11

PANCAKES
SAUSAGE PATTY
FRUIT
JUICE
MILK

12

CHICKEN BISCUIT
CEREAL
FRUIT
JUICE
MILK

13

FRENCH TOAST
CEREAL
FRUIT
JUICE
MILK

14

DANISH
CEREAL
FRUIT
JUICE MILK

15

BAD WEATHER DAY

18

PANCAKE ON STICK
CEREAL
FRUIT
JUICE
MILK

19

EGG BURRITO
CEREAL
FRUIT
JUICE
MILK

20

BREAKFAST PIZZA
CEREAL
FRUIT
JUICE
MILK

21

CINNI MINI
CEREAL
FRUIT
JUICE
MILK

22

FRENCH TOAST
CEREAL
FRUIT
JUICE
MILK

25

PANCAKES
CEREAL
FRUIT
JUICE
MILK

26

EGG OMELET
CEREAL
FRUIT
JUICE
MILK

27

SCRAMBLE EGGS
TOAST
CEREAL
FRUIT
JUICE
MILK

28

