



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.



LINE 1

Monday



Tuesday

Wednesday

Thursday

Friday

PIZZA
CORN
ROMAINE SALAD
FRUIT
MILK

4

CHICKEN NUGGETS
CHEESY POTATOES
ROMAINE SALAD
FRUIT
MILK

5

CORNDOG
MAC N CHEESE
PEAS
FRUIT
MILK

6

OVEN FRIED CHICKEN
MASHED POTATOES
W/GRAVY
GREEN BEANS
FRUIT
MILK

7

CHEESE BURGER
FRIES
BURGER SALAD
FRUIT
MILK

8

PIZZA
BROCCOLI
FRUIT
MILK

11

RAVIOLI
BREADSTICK
ROMAINE SALAD
FRUIT
MILK

12

POPCORN CHICKEN
BAKED BEANS
ROMAINE SALAD
FRUIT
MILK

13

SALISBURY STEAK
MASHED POTATOES
W/GRAVY
GREEN BEANS
FRUIT
MILK

14

CHEESE BURGER
FRIES
BURGER SALAD
FRUIT
MILK

15

BAD WEATHER DAY

18

CHICKEN POT PIE
GARLIC BREAD
PURPLE HULL PEAS
FRUIT
MILK

19

RIBLET PATTY
BAKED BEANS
POTATO SALAD
FRUIT
MILK

20

BEEF SPAGHETTI
BREAD STICK
ROMAINE SALAD
FRUIT
MILK

21

CHEESE BURGER
FRIES
BURGER SALAD
FRUIT
MILK

22

PIZZA
CORN
ROMAINE SALAD
FRUIT
MILK

25

STEAK FINGERS
FRIES
ROMAINE SALAD
FRUIT
MILK

26

BEEF LASAGNA
BREAD STICK
ROMAINE SALAD
FRUIT
MILK

27

CHICKEN N DUMPLINGS
CORN BREAD
ROMAINE SALAD
PEAS
FRUIT/ MILK

28

