



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 2

Monday

Tuesday

Wednesday

Thursday

Friday



QUESADILLA
REFRIED BEANS
ROMAINE SALAD
FRUIT
MILK

4

BEEF TIPS
RICE
GREEN BEANS
ROLL
FRUIT
MILK

5

CHILI CHEESE BURRITO
MEXICAN CORN
ROMAINE SALAD
FRUIT
MILK

6

NACHO SUPREME
ROMAINE SALAD
RANCH BEANS
FRUIT
MILK

7

CHICKEN BURGER
ONION RINGS
BURGER SALAD
FRUIT
MILK

1

QUESADILLA
BEANS
ROMAINE SALAD
FRUIT
MILK

11

CHILI CHEESE FRIES
ROMAINE SALAD
FRUIT
MILK

12

HOT DOG
FRIES
ROMAINE SALAD
FRUIT
MILK

13

PULLED PORK
BAKED POTATO
ROMAINE SALAD
FRUIT
MILK

14

STEAK BURGER
CHIPS
BURGER SALAD
FRUIT
MILK

8

BAD WEATHER DAY

18

HAMBURGER STEAK
W/GRAVY
GREEN BEANS
ROLL
FRUIT
MILK

19

HAMBURGER MAC
PURPLE HULL PEAS
FRUIT
MILK

20

BEEF NUGGETS
FRIES
CORN
FRUIT
MILK

21

MEATBALL SUB
YAMS
SALAD
FRUIT
MILK

22

QUESADILLA
PINTO
ROMAINE SALAD
FRUIT
MILK

25

CHICKEN TENDERS
GREEN BEANS
SALAD
FRUIT
MILK

26

MEATLOAF
MUSTARD GREENS
PEAS
CORNBREAD
FRUIT
MILK

27

CHILI CHEESE FRITO PIE
RANCH BEANS
FRUIT
MILK

28

