



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.



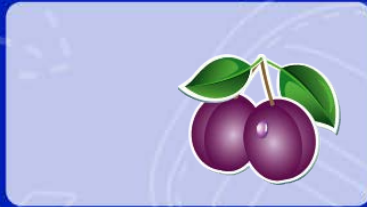
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Donut  
Cereal  
Fruit  
Juice  
Milk 1

French toast  
Cereal  
Fruit  
Juice  
Milk 4

Pancake on stick  
Cereal  
Fruit  
Juice  
Milk 5

Egg omelet  
Cereal  
Fruit  
Juice  
Milk 6

Breakfast pizza  
Cereal  
Fruit  
Juice  
Milk 7

Danish  
Cereal  
Fruit  
Juice  
Milk 8

Spring break 11

Spring break 12

Spring break 13

Spring break 14

Spring break 15

Sausage roll  
Cereal  
Fruit  
Juice milk 18

Biscuit  
Sausage patty  
Cereal  
Fruit  
Juice  
Milk 19

French toast  
Cereal  
Fruit  
Juice  
Milk 20

Egg omelet  
Cereal  
Fruit  
Juice  
Milk 21

Mini cinnis  
Cereal  
Fruit  
Juice milk 22

Egg taco  
Cereal  
Fruit  
Juice  
Milk 25

Scramble eggs  
Cereal  
Fruit  
Juice  
Mil 26

Sausage roll  
Cereal  
Fruit  
Juice  
Mil 27

Breakfast pizza  
Cereal  
Fruit  
Juice  
Milk 28

Pop tart  
Cereal  
Fruit  
Juice  
Milk 29