

March 2019

BROOKELAND ISD

LUNCH



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

RAVIOLI
GARLIC BREAD
ROMAINE SALAD
FRUIT
MILK

4

HOT DOG
FRIES
ROMAINE SALAD
FRUIT
MILK

5

BEEF SPAGHETTI
BREAD STICKS
GREEN BEANS
FRUIT
MILK

6

CRUNCHY TACOS
RANCH BEANS
ROMAINE SALAD
FRUIT
MILK

7

CHEESE BURGER
CHIPS
SALAD
FRUIT
MILK

1

SPRING BREAK

11

SPRING BREAK

12

SPRING BREAK

13

SPRING BREAK

14

SPRING BREAK

15

PEPPERONI PIZZA
CORN
ROMAINE SALAD
FRUIT
MILK

18

CORNDOG
MAC N CHEES
CARROTS
ROMAINE SALAD
FRUIT
MILK

19

BEEF LASAGNA
GARLIC BREAD
GREEN BEANS
FRUIT
MILK

20

CHICKEN FAJITIA
W/ PEPPERS & ONIONS
PINTO BEANS
FRUIT
MILK

21

SUB SANDWICH
ROMAINE SALAD
CHIPS
FRUIT
MILK

22

CHICKEN NUGGETS
MASHED POTATOES
W/GRAVY
ROMAINE SALAD
FRUIT
MILK

25

BURRITO
GREEN BEANS
ROMAINE SALAD
FRUIT
MILK

26

TURKEY ROAST
BLACK EYE PEAS
CHEESY POTATOES
CORN BREAD
FRUIT
MILK

27

PEPPERONI PIZZA
CORN
ROMAINE SALAD
FRUIT
MILK

28

CHEESE BURGER
FRIES
BURGER SALAD
PICKELS
FRUIT
MILK

29