



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

FISH STICKS
COLE SLAW
SWEET POTATOE FRIES
FRUIT
MILK

4

CHICKEN ENCHILADAS
SPANISH RICE
CHUCKWAGON CORN
FRUIT
MILK

5

STEAK FINGERS
MASHED POTATOES
W/GRAVY
GREEN BEANS
FRUIT
MILK

6

BAKED BBQ CHICKEN
RANCH BEANS
ROMAINE SALAD
FRUIT
MILK

7

STEAK SANDWHICH
SALAD
CHIPS
FRUIT
MILK

8

SPRING BREAK

11

SPRING BREAK

12

SPRING BREAK

13

SPRING BREAK

14

SPRING BREAK

15

FRITO PIE
ROMAINE SALAD
PINTO BEANS
FRUIT
MILK

18

CHICKEN GUMBO
POTATO SALAD
CRACKERS
FRUIT
MILK

19

POP CORN SHRIMP
MIXED VEGGIES
SALAD
FRUIT
MILK

20

CHICKEN ALFREDO
PEAS
ROMAINE SALAD
FRUIT
MILK

21

HAMBURGER
FRIES
BURGER SALAD
PICKELS
FRUIT
MILK

22

QUESADILLA
REFRIED BEANS
ROMAINE SALAD
FRUIT
MILK

25

CHICKEN FRIED STEAK
MASHED POTATOES
W/GRAVY
ROMAINE SALAD
FRUIT
MILK

26

NACHO SUPREME
SALAD
RANCH BEANS
FRUIT
MILK

27

BBQ ON BUN
BAKED BEANS
ROMAINE SALAD
FRUIT
MILK

28

MEATBALL SUB
CHIPS
BROCCOLI N CHEESE
FRUIT
MILK

29