

# January 2019

Type Your School Name Here

## 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. MENU SUBJECT TO CHANGE LINE 1

### Monday



### Tuesday

1

OUT

### Wednesday

2

OUT

### Thursday

3

OUT

### Friday

4

OUT

7

TEACHER WORK DAY

8

POP CORN CHICKEN  
AU GRATIN POTATOES  
MIXED VEGGIES  
FRUIT  
MILK

9

BURRITO N CHEESE CUP  
REFRIED BEANS  
ROMAINE SALAD  
FRUIT  
MILK

10

EGG ROLLS  
FRIED RICE  
STIR FRY VEGGIES  
FRUIT  
MILK

11

STEAK BURGER  
FRIES  
BURGER SALAD  
FRUIT  
MILK

14

CHILI N CHEESE FRIES  
ROMAINE SALAD  
RANCH BEANS  
FRUIT  
MILK

15

CHICKEN GUMBO  
POTATO SALAD  
CRACKER  
FRUIT  
MILK

16

CORNDOG  
MAC N CHEESE  
BLACK EYE PEAS  
FRUIT  
MILK

17

HAMBURGER STEAK  
MASHED POTATOES  
W/GRAVY  
GREEN BEANS  
FRUIT, MILK

18

MEATBALL SUB  
CHIPS  
BROCCOLI N CHEESE  
FRUIT  
MILK

21

BAD WEATHER DAY

22

JAMBALAYA  
PINTO BEANS  
ROMAINE SALAD  
CORN BREAD  
FRUIT, MILK

23

CHILI CHEESE BURRITO  
BABY CARROTS  
FRUIT  
MILK

24

CHICKEN STRIPS  
GREEN BEANS  
FRUIT  
MILK

25

CHICKEN BURGERS  
FRIES  
ROMAINE SALAD  
FRUIT  
MILK

28

QUESADILLA  
PINTO BEANS  
ROMAINE SALAD  
FRUIT  
MILK

29

RAVOILI  
GARLIC BREAD  
ROMAINE SALAD  
FRUIT  
MILK

30

HARD SHELL TACO  
REFRIED BEANS  
ROMAINE SALAD  
FRUIT  
MILK

31

PULLED PORK  
BAKED POTATO  
ROMAINE SALAD  
FRUIT  
MILK

