

# 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

Monday

Tuesday

Wednesday

Thursday

Friday



1

OUT

2

OUT

3

OUT

4

OUT

7

TEACHER WORK DAY

8

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

9

BEEF SPAGHETTI  
ROMAINE SALAD  
GARLIC BREAD  
FRUIT  
MILK

10

SOFT TACO  
ROMAINE SALAD  
RANCH BEANS  
FRUIT  
MILK

11

CHEESE BURGER  
FRIES  
SALAD  
FRUIT  
MILK

14

STUFFED CRUST PIZZA  
CORN  
ROMAINE SALAD  
FRUIT  
MILK

15

CHICKEN NUGGETS  
FRIES  
ROMAINE SALAD  
FRUIT  
MILK

16

CHICKEN FAJITAS  
STIR FRY VEGGIES  
REFRIED BEANS  
FRUIT  
MILK

17

VEGETABLE SOUP  
MOZZARELLA STICKS  
CRACKERS  
FRUIT  
MILK

18

CHEESE BURGER  
TOTS  
SALAD  
FRUIT  
MILK

21

BAD WEATHER DAY

22

STEAK FINGERS  
FRIES  
W/GRAVY  
ROMAINE SALAD  
FRUIT

23

CHICKEN SPAGHETTI  
GARLIC BREAD  
ROMAINE SALAD  
FRUIT  
MILK

24

CORNDOG  
BAKED BEANS  
ROMAINE SALAD  
FRUIT  
MILK

25

HAMBURGER  
FRIES  
SALAD  
FRUIT  
MILK

28

STUFFED CRUST PIZZA  
CORN ROMANE  
SALAD  
FRUIT  
MILK

29

CHICKEN NUGGETS  
MASHED POTATOES  
W/GRAVY  
SALAD  
FRUIT MILK

30

CHICKEN DUMPLING  
BLACK EYE PEAS  
TOTS  
FRUIT  
MILK

31

CHILI CHEESE DOG  
GREEN BEANS  
TOTS  
FRUIT  
MILK

